

# 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](mailto:matthew.roche-saunders@menevia.org))

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**Online | Ar-lein** [www.pariahofaberystwyth.org.uk](http://www.pariahofaberystwyth.org.uk) | [www.catholicchurchlampeter.org](http://www.catholicchurchlampeter.org)

Facebook: **Ceredigion Catholics**

### 22<sup>nd</sup> December 2024 | 4<sup>th</sup> Week of Advent | Year C | Weekday Year I | Psalter Week 4

Date   Dyddiad	Aberystwyth Welsh Martyrs Merthyrion Cymru	Aberaeron Holy Cross Groes Sanctaidd	Lampeter   Llanbedr Our Lady of Mount Carmel Ein Harglwyddes o Fynydd Carmel
<b>Sun 22<sup>nd</sup> December</b> 4 <sup>th</sup> Sunday of Advent Pedwerydd Sul yr Adfent	5.15pm Confessions <b>Saturday 6pm Vigil Mass</b> <i>Ken and Eleanor Glasby RIP</i> <b>8.30am Holy Mass</b> <i>Thanksgiving (JJ)</i> 10am Confessions <b>10.30am Holy Mass</b> <i>People of the Parish</i> <b>4pm Polish Mass</b> (with Confessions before and after) <i>Priest's intention</i>	<b>9am Holy Mass</b> <i>November Lists</i>	<b>11am Holy Mass</b> <i>Priest's intention</i>
<b>Mon 23<sup>rd</sup> December</b>	<b>6pm Holy Mass</b> <i>Mary Carnell and family</i>		
<b>Tue 24<sup>th</sup> December</b>		<b>7pm Vigil Mass of Christmas</b> <i>Mike Pearson RIP</i>	9pm Readings and Carols <b>9.30pm Night Mass</b> <i>Intentions of Cenisa Tanolo</i>
<b>Wed 25<sup>th</sup> December</b> Christmas Day	11.30pm Readings and Carols <b>Midnight Mass</b> <i>Thanksgiving (DD)</i> <b>9am Dawn Mass</b> <i>Thomas Durston RIP</i> <b>11am Morning Mass</b> <i>People of the Parish</i>		
<b>Thu 26<sup>th</sup> December</b>			<b>10am Holy Mass</b> <i>Agripina, Paulette and Marius</i>
<b>Fri 27<sup>th</sup> December</b>	5pm Adoration/Confessions <b>6pm Holy Mass</b> <i>Paddy Heavey</i>		
<b>Sat 28<sup>th</sup> December</b>	9.30am Adoration/Confessions <b>10.30am Holy Mass</b> <i>Philip Hill RIP</i>		
<b>Sun 29<sup>th</sup> December</b> Feast of the Holy Family Gŵyl y Teulu Sanctaidd	5.15pm Confessions <b>Saturday 6pm Vigil Mass</b> <i>Those who've died in 2024</i> <b>8.30am Holy Mass</b> <i>People of the Parish</i> 10am Confessions <b>10.30am Holy Mass</b> <i>Ernesto &amp; Giovanna Orsi RIP</i> <b>12-2pm Young Adults Brunch</b>	<b>9am Holy Mass</b> <i>Ruth and Joe Jamieson</i>	<b>11am Holy Mass</b> <i>Those who've died in 2024</i>
<b>Sunday Plate Collection   Casgliad y Sul</b> <i>Thank you for your generosity – diolch am eich haelioni.</i> 15.12.24 <b>£862.78</b> (Aberystwyth/Aberaeron) <b>£148.05</b> (Lampeter   Llanbedr)			

**Polish Mass** 4pm this Sunday 22<sup>nd</sup> at Welsh Martyrs. Fr Krzysztof will hear confessions before and after the Mass.

**Welsh Martyrs Christmas Clean** Could you spare an hour to help cleaning the church between 10am and 1pm on Monday 23<sup>rd</sup>? There are several 'one-off' cleaning tasks needing extra volunteers. Let Jacky know if you can (07554 118435) – refreshments provided!

**Advent** The second half of Advent (17-23 December) is covered by the 'O Antiphons', short verses read during Evening Prayer. They each speak of mankind's longing for a Saviour. In Latin, they read: *O Sapientia* (Wisdom), *O Adonai* (Lord), *O Radix Jesse* (Root of Jesse), *O Clavis David* (Key of David), *O Oriens* (Dawn of the East), *O Rex Gentium* (King of the Nations), *O Emmanuel* (God with us). The first letter of each, reversed, spells 'ERO CRAS', meaning in Latin, 'I will come tomorrow': **Maranatha! Come, Lord Jesus!**

**Chapel of Our Lady** Many thanks to Anni, Mark and Jian for their beautiful work on the new Lady Chapel at Welsh Martyrs, with the restored statue that previously stood in St Winefride's Church. Please make good use of it!

**Jubilee Year of Hope 2025** A Jubilee Year comes round every 25 years in the Catholic Church, each one with a different theme: this time, Pope Francis has chosen the theme, 'Pilgrims of Hope'. The Year will open in Rome on December 24<sup>th</sup>; here in Cardiff-Menevia, there will be inaugural Masses in Cardiff and Swansea Cathedrals on Sunday 29<sup>th</sup>, which we will echo in our own three churches. Welsh Martyrs Church has been chosen by Archbishop Mark as one of the pilgrimage focuses for the Jubilee, not due to the Welsh Martyrs themselves, but rather to St Padarn and other local saints. It would be great to organise some parish pilgrimages during 2025...

**Christmas Collection** Please note that the collection at the Christmas Masses goes directly to the parish priest as a Christmas gift – usually the collection goes into the parish account to be used on various expenses, but Christmas and Easter are the two exceptions to this. Many thanks for your generosity!

**Second Collections** Many thanks for your recent generosity: we raised **£173.31** for the building fund in Lampeter, **£105.84** during the carol service for the St Vincent de Paul Society, and **£897.50** on the Aberystwyth Christmas raffle (llongyfarchiadau, congratulations to all the prize-winners!)

**First Holy Communion 2025** If you would like your child to receive first holy Communion in summer 2025, please register your interest by emailing either [aberystwyth@menevia.org](mailto:aberystwyth@menevia.org) or [lampeter@menevia.org](mailto:lampeter@menevia.org) (depending on your parish), with your child's name and age. More details will be given in due course once we have a sense of numbers.

**Newsletters** This is your newsletter, to take home with you after Mass. Please don't return it back to the pile after reading – crushed and creased piles of paper don't give off a very friendly welcome!

**Safeguarding** It's a shared responsibility on the part of everyone attending our churches, that our spaces be ones that are safe in all senses of the word, and especially for children and vulnerable adults. As such, in the same way that we identify and avoid possible physical hazards, so it's also important to identify and avoid situations which could leave children and vulnerable adults at risk. Please adhere to the following norms in Welsh Martyrs Church:

- **Adults involved in setting up for Mass, tea and coffee, and Children's Liturgy, need to have sufficient time to do their work:** therefore, there must be no under-18s in the kitchen/sacristy area before 5.50pm on a Saturday, 8.20am at the first Sunday Mass, and 10.20am at the later Mass. This is a good opportunity to teach your child how to pray a little bit in silence before Mass, before they get ready for serving.
- **Altar servers must then have the kitchen/sacristy space to themselves in order to get changed before Mass:** therefore, no adults should be in the kitchen/sacristy after 5.50pm on a Saturday, 8.20am at the first Sunday Mass, and 10.20am at the second Mass. The exceptions are those adults taking on the role of safeguarding at that particular Mass, who are always adults with a diocesan DBS check.

**Mass for those we've lost** On Saturday 28<sup>th</sup> Dec at 6pm (Aberystwyth), and on Sunday 29<sup>th</sup> Dec at 11am (Lampeter), Mass will be offered for those we've lost during 2024, remembering the names of those whose funerals have taken place in our parishes. If you'd like a loved one to be remembered by name, please let Fr Matt know.

**Mass for New Year** There will be an opportunity to attend Mass for the New Year in each of our churches, celebrating the feast of Mary, Mother of God – **7pm in Lampeter** and **11.15pm in Aberystwyth** on New Year's Eve; and then on New Year's Day, **10am in Aberaeron** and **12.30pm in Cardigan** (Canon Pius is away).

**SoundCloud** Some of Fr Matt's Sunday homilies are now available if you'd like to listen again or share. Go to <https://on.soundcloud.com/Tz4Ap>, where they will be uploaded as and when recorded.

**Donations** If you'd like to donate to the mission of Aberystwyth parish, you can use this QR code. Many thanks for your generosity.



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

- Aberystwyth:** rice, baked beans and sausages, spaghetti rings, tinned tuna, tinned fruit.
- Aberaeron:** no collections until the New Year.
- Lampeter:** strong 'Bags for Life', pasta, sugar, tea, small jars of coffee.

*Diolch yn fawr iawn – thank you very much!*