

*Give peace, O Lord, to those who wait for you,
that your prophets be found true.
Hear the prayers of your servant,
and of your people Israel.*



An Act of Spiritual Communion.

My Jesus, I believe that You are present in the Most Blessed Sacrament.

I love You above all things,

and I desire to receive You into my soul.

Since I cannot now receive you sacramentally,
come at least spiritually into my heart.

I embrace You as if you were already there,
and I unite myself wholly to You.

Never permit me to be separated from You.

(Saint Alphonsus Liguori)

Prayer to St. Michael

St. Michael the Archangel,
defend us in our daily battle; be our safeguard against
the wickedness and snares of the devil.

May God rebuke him, we humbly pray, and do thou, O
Prince of the heavenly host, by the power of God thrust
down into hell

Satan and all the other evil spirits who prowl throughout
the world seeking the ruin of souls. Amen.

✠ *Our Lady of Lourdes* ✠ *Pray for Us*

✠ *St. Theresa* ✠ *Pray for Us*

✠ *St. Anthony* ✠ *Pray for Us*

Confession
& Absolution

Confessions

Available after every weekday and
Saturday Vigil Mass or by advanced
booking.

Exposition of the Blessed
Sacrament
30 minutes before Weekday Mass

Anointing of the sick
In cases of emergency only.

FORGIVENESS IS DIFFICULT BUT VERY NECESSARY!!!

In all honesty, forgiveness is not easy. It is always easier said than done. If any one tells you that forgiveness is easy, it is either the person is not hurt before or the person is not human. People who have experienced heart break will understand that forgiveness is not easy. When people treat us badly, everything in us screams for vengeance. However, no matter how difficult forgiveness is, it is very necessary that we should forgive not just for the sake of the person who offended us but for our spiritual and mental wellbeing. Spiritually speaking, God expects us to forgive no matter what because that is the only condition for our own sins to be forgiven. We all make mistakes, we are not perfect, we sin against God and each time we come to Him for forgiveness He forgives unconditionally. So, if God could forgive us and forgive unconditionally, He expects us to as well forgive those who wronged us. In line with this, the author of the book of Sirach says "forgive your neighbour the wrong he has done, and then your sins will be pardoned when you pray" (Sirach 28:2). Jesus emphasizes on this in the Gospel by saying "So also my heavenly Father will do to every one of you, if you do not forgive your brother from your heart" (Mt 28:35). Hence, He makes us to understand that we should forgive not just seven times but seventy times seven. This simply means that we cannot stop forgiving. Remember, the heart of Christianity is love, but the power of love is in forgiveness. So, for your spiritual wellbeing and for a healthy relationship with God our Creator we are bound to forgive. Forgiveness cannot be occasional but a permanent attitude. Again, apart from spiritual wellbeing, unforgiveness also affects our mental wellbeing. Did you know that unforgiveness is self-destructive? This is so because if you refuse to let go your anger, that anger can get you imprisoned for a lifetime, making you feel sick and so uninterested in life that you won't see anything beautiful anymore. Always remember that vengeance and anger are self-inflicting sicknesses. Therefore, we should make every effort to avoid it with everything in us. Do you want your sins to be forgiven? Then forgive! Do you want to be happy? Then forgive! Do you want to be free? Then forgive! Do you want to pray and pray well? Then forgive! So, can you recall today how many people that offended you and you are having resentment against them and be bold enough to forgive not just for the sake of the offender but for the sake of your spiritual and wellbeing. Again, can you recall how many people you offended and be humble enough to say sorry. I wish you a blessed Sunday!!!



*"How often should I forgive?
Not SEVEN times,
but, I tell you,
SEVENTY-SEVEN
times."*

Matthew 18:21-22, NRSV

FR BEDE

St Theresa's and Our Lady of Lourdes with St Anthony's

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September Devotion: The Seven Sorrows of Mary

24th Sunday in Ordinary Time, Yr. A

13th September 2026

Psalter Week 4



Saturday, 12th September,

6.00pm, Our Lady of Lourdes –
SVP Beneficiaries

Sunday, 13th September,

8.30am, St Anthony's—Margery Metham RIP
(Anniversary)

9.45am, Our Lady of Lourdes – Maria Lita
Perez (Healing and Recovery)

11.00am, St. Theresa's – Michael
Staniland RIP (Birthday)

Monday, 14th September, NO MASS

The Exaltation of the Holy Cross

Tuesday, 15th September, 10.00am, Our Lady of Lourdes

Our Lady of Sorrows — Gertrude & William
Kearns RIP

Wednesday 16th September, 7.00pm, Our Lady of Lourdes

Ss Cornelius, Pope & Cyprian, Bishop,
Martyrs—Fr Bede prays for your good hearts
desires

Thursday 17th September, 11.00am, St Theresa's

Weekday — Fr Jim Blount (Physical & Spiritual
Protection)

Friday, 18th September, 10.00am, Our Lady of Lourdes

Weekday — November Memorial List

Next Weekend's Masses (25th Sunday in Ordinary Time, Yr. A)

Saturday 19th September

6.00pm, Our Lady of Lourdes

Florence Roberts RIP (Anniversary)

Sunday 20th September

8.30am, St. Anthony's

Special Intention (MM)

9.45am, Our Lady of Lourdes

Michael Robinson RIP (Anniversary)

11.00am St. Theresa's

Special thanksgiving, family success & protection
(Aimua family)



Sanctuary Lamp Intentions

Our Lady of Lourdes: The Holy Souls in
Purgatory

Sponsor: The Parish

St. Anthony's: The Holy Souls in
Purgatory

Sponsor: The Parish

St. Theresa's: The Holy Souls in
Purgatory

Sponsor: The Parish



Sunday Readings:

1st Sirach 27:30-28:7

2nd Romans 14:7-9.

Gospel Matthew 18:21-35.

Responsorial Psalm: 103.

*The LORD is compassionate and gra-
cious, slow to anger and rich in mercy.*

Gospel Acclamation, John 13:34.

Alleluia, alleluia.

*A new commandment I give to you, says
the Lord, that you love one another,
just as I have loved you.*

Alleluia.





CHILDREN'S
Liturgy

A logo featuring a green oval with the words "FOOD DONATIONS NEEDED" in white and yellow text. Above the oval is a decorative flourish with a yellow and red flower-like element at the top.

Prayer LIST



Confirmation
Registration

