

CHRIST THE KING & ST. COLMAN (Bitterne) OUR LADY OF THE ASSUMPTION (Hedge End) ST. BRIGID (West End)

Catholic Diocese of Portsmouth

Registered Charity number 1199568

Parish Priest: Fr. Elijah Fru Nde (emergency use phone number 0777 466 7010)

Office: 2 Dean Road, Bitterne, Southampton SO18 6AP – *Open Wednesday, Thursday, Friday 9.30am–1pm*

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14th Sunday in Ordinary Time (Year A, Cycle 2)

5th July 2026

Reflection from Fr Elijah: Come to me, all who are weary and I will give you Rest

Today's Gospel contains one of the most comforting invitations in all of Scripture: "Come to me, all you who labour and are burdened, and I will give you rest."

Who among us does not carry burdens? Some are visible – work pressures, financial worries, illness, caring for loved ones. Others remain hidden – grief, loneliness, disappointment, guilt, or anxiety about the future. Jesus knows these burdens. He does not pretend they do not exist. Instead, he invites us to bring them to him.

The first reading presents a king unlike any other. Zechariah speaks of a ruler who comes, not on a mighty warhorse, but riding humbly on a donkey. His power is not found in force but in peace. This is the kind of Messiah Jesus chooses to be. His kingdom is built not on domination but on love, mercy, and humble service.

That same humility is at the heart of the Gospel. Jesus says, "Learn from me, for I am gentle and humble of heart." In a world that often prizes success, status, and self-reliance, Jesus offers a different way. He reminds us that strength is found in gentleness, greatness in service, and wisdom in trusting God like little children.

St Paul tells us that we are called to live not according to the flesh but according to the Spirit. When we rely only on our own strength, life's burdens can seem overwhelming. But when we allow the Holy Spirit to guide us, we discover that we do not carry those burdens alone. Christ walks beside us, sharing the weight and giving us daily grace.

Jesus also speaks of taking his yoke upon us. At first, that may sound like adding another burden. Yet a yoke joins two together. Christ places himself alongside us. He does not ask us to carry life by ourselves. His yoke is easy because he bears the greater weight. His burden is light because his love sustains us.

As we come to the altar today, let us bring whatever weighs heavily on our hearts and entrust them to the Lord.

Mass Times and Intentions

Exposition & Rosary at 9.30am before Mass (Tue-Fri). Sacrament of Confession is available on request.

Mass Intentions can be requested through Fr Elijah or the Parish Office.

Date	Times & Location			Mass Intentions & Feasts
Sun 5 th July	9.15am	OLA	Mass	Simon & Christine Grummitt John Amos RIP For the wellbeing of David McGowan
	11am	CKSC	Mass (Unity Mass)	
	5.30pm	SB	Mass	
	6pm	CKSC	Mass (in Polish)	
Tue 7 th July	10am	OLA	Mass	Albert Stratton RIP
Wed 8 th July	10am	SB	Mass	For the people
Thur 9 th July			No Mass	
Fri 10 th July	10am	OLA	Mass	
Sat 11 th July	10am	CKSC	Mass	For the people
Sun 12 th July	9.15am	OLA	Mass	For Agatha and Gerald St Omer, and Elizabeth Innocent RIP Mary-Ann Allen RIP
	11am	CKSC	Mass	
	5.30pm	SB	Mass	
	6pm	CKSC	Mass (in Polish)	

This Sunday's readings can be found at <https://universalis.com/europe.english/20260705/mass.htm>

Second Collections – 5th July – Venezuela Earthquake Appeal

12th July – Stella Maris

Within our Parish

New Parish Database: Thank you to those who have already registered with the parish. To ensure you remain registered as a parishioner and to continue to receive all communications from us at the parish office and Fr Elijah, please complete the below forms.

Adult form:

<https://catholicdioceseofportsmouth.churchsuite.com/-/forms/ngdyici2>



Child Form:

<https://catholicdioceseofportsmouth.churchsuite.com/-/forms/whtuwhp5>



If you have any questions, please contact Josie Keogh in person or via the parish office.

Fr Elijah: Will be unavailable for the whole of August. If there are any requests you wish to make with him, please contact him soon. Thank you.

The Knights of St. Columba: Cl 136 will be meeting in the Parish Hall of Christ the King & St. Colman. On Monday 13th July 2026 at 20:00 and would welcome new members.

Gardening at CKSC: Volunteers wanted to join the team of gardeners. We meet on Wednesdays between 9.30am and 2.00pm. It's good for your well being, we do have a laugh and show passers by that we care for our church. Please speak to Don, Gerty or Angela if you are interested or just turn up on a Wednesday.

HEWEB Holiday Bible Club 2026: Churches Together in Hedge End, West End & Botley is pleased to announce its Holiday Bible Club from 3rd to 7th August, 9.30am to 12.30pm. The theme this year is "Mega Makers", based on verses from Ephesians 3 "... how wide and long and high and deep is the love of Christ ..". £8 per child for the week. Venue: The Underhill Centre, St. John's Church, Hedge End. Online bookings now open: hewebholidaybibleclubbookings@gmail.com

Recurring Events

Our Lady of the Assumption – Hedge End

- Tea, coffee, biscuits & friendly chat in the hall every Sunday after Holy Mass
- Children's liturgy during Mass every 3rd Sunday of the month (not during summer holidays)

Christ the King & St Colman – Bitterne

- Prayer group every Thursday 10.30am-12 noon
- Children's liturgy for 4 to 7-year-olds every Sunday during term time

St Brigid – West End

- Cake & coffee after Mass on 2nd Sunday of the month; folk Mass on 4th Sunday
- Rosary & Exposition at 9.30am each Wednesday, before Mass

The next Parish Pastoral Council meeting is on 3rd July, please submit any points of discussion to the office.

Continuing to Support the Church

Please consider setting up a **standing order**.

For Christ the King & St Colman:

Account Name: CDP Christ the King & St Colman
Sort code: 30-93-04
Account Number: 00887553

For Our Lady of the Assumption and St Brigid:

Account Name: CDP Hedge End Our Lady
Sort code: 30-93-04
Account Number: 00879747



Please mention which fund you are donating to as a reference.
Make out cheques for Fr Elijah to Rev Fru N Elijah