

# ST COLMAN & ST PAUL CATHOLIC COMMUNITY, COSHAM AND PAULSGROVE

JESUS PRINCE OF PEACE SOUTH EAST HAMPSHIRE PASTORAL AREA

The Catholic Diocese of Portsmouth  
*Bringing people closer to Jesus Christ through His Church*



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[www.portsmouthdiocese.org.uk/parish/st-colman-and-st-paul/](http://www.portsmouthdiocese.org.uk/parish/st-colman-and-st-paul/)

Priest in charge: Fr Andrew Wagstaff    Seminararian Nathan King

Parish Administrator: Mrs Zia Collins

Local Parish Office: The Presbytery, St Colman's Avenue, Cosham PO6 2JJ

## Sunday 5 July 2026 : Fourteenth Sunday of the Year

"Come to me, all who labour and are heavy laden, and I will give you rest," says the Lord in this Sunday's Gospel (Matthew 11:25-30): an offer which cannot but appeal to us. After all, we live in a time when most households need two salaries to maintain a basic standard of living, and still struggle to own their own home. Many people end up working two or three jobs, often for corporate employers with little regard for their workers' need for rest, family time and for God. But Jesus' offer of rest from our labour comes with a surprising invitation: "take my yoke upon you ... my burden is light". Is our rest in God also a burden to be shouldered, then? St Augustine prayed: "You have made us for Yourself, and our heart is restless until it rests in You" (cf CCC 30). Authentic Sabbath rest is found only in satisfying our deepest need for the God by and for whom we are created – "to love and serve Him in this life and to be happy for ever with Him in the next." The yoke and burden of which Jesus speaks is the responsibility of worship – the practice of our religion. Only through worship of the Father in Spirit and in Truth will we find rest for our souls.

Times of Mass this week			Mass intentions	
Saturday 4 July <i>INDEPENDENCE DAY</i> <i>St Colman's Fair 12-4pm</i>	10:30am	St Colman	Mass of Thanksgiving (First Saturday)	
	6pm	St Colman	Sunday 14	Family and friends of Celia Cummings
Sunday 5 July <i>Infant baptism at 09:30 Mass and at 11:30 Mass</i> <i>Holy Hour for Vocations: 5 – 6pm St Colman</i>	9:30am	St Colman	Sunday 14	Priests, nuns & religious
	11:30am	Our Lady & St Paul	Sunday 14	Pro Populo
	4pm Hospital Chapel		Sunday 14	QA Hospital Mass
Monday 6 July <i>Adoration 9am – 5pm</i> <i>Lectio Divina 5pm St Colman</i>	12:30pm	Hospital Chapel	St Maria Goretti	Holy Souls (QA Hospital Mass)
Tuesday 7 July	9am	St Colman	Feria	Fr Bernard Medd RIP
Wednesday 8 July <i>Bible Study 5pm St Colman</i>	10am	Our Lady & St Paul	Votive	St Paul's School Mass
Friday 10 July <i>RCIA 5pm St C's Presbytery</i>	6:30pm	St Colman	Feria	Mrs Gale's intentions
Saturday 11 July	6pm	St Colman	Sunday 15	Unity of the Church
Sunday 12 July <i>Holy Hour for Vocations: 5 – 6pm St Colman</i>	9:30am	St Colman	Sunday 15	Rosanna Orlando ints
	11:30am	Our Lady & St Paul	Sunday 15	Pro Populo
	4pm Hospital Chapel		Sunday 15	QA Hospital Mass

Enquiries, appointments and hall bookings:  
Parish Office opening hours: 9:30am – 1:30pm Monday – Thursday  
02392 376151 [scsp@portsmouthdiocese.org.uk](mailto:scsp@portsmouthdiocese.org.uk) 07555 182118

Parish Safeguarding Ministers:  
Juliette Diamond (St Colman): [safeguarding.porsc.sc@portsmouthdiocese.org.uk](mailto:safeguarding.porsc.sc@portsmouthdiocese.org.uk)  
Fiona Dreelan (St Paul): [safeguarding.porsc.sp@portsmouthdiocese.org.uk](mailto:safeguarding.porsc.sp@portsmouthdiocese.org.uk)

Thank you for your donations!  
You can donate directly into the parish bank account: CDP P'mouth St Colman:  
account number 00884554; sort code 30 93 04; reference "offertory donation".  
Gift aid: UK taxpayers can give an extra 25p per £1 at no extra cost to you; please direct  
gift aid enquiries to Lesley Kilby via the parish office: [scsp@portsmouthdiocese.org.uk](mailto:scsp@portsmouthdiocese.org.uk)

**Film Night postponed**  
The parish film night previously arranged for 7pm on Saturday 27 June has been postponed. A new date for showing Letters to Fr Jacob will be confirmed shortly.

**Pot plants in St Colman's church**  
Due to the accumulation of pot plants around the statue of our Lady in St Colman's Church, we have had to move several outside. If you wish to donate any more pot plants, please check with the parish priest.

**Last Sunday's Second Collection**  
Peter's Pence: £187.40  
Next Sunday 12 July is Sea Sunday: we will take up a second collection for Stella Maris.

**Orthodox Liturgy in the Hall next Sunday**  
Our Orthodox brothers and sisters celebrate their Patronal feast next Sunday, so there will be no tea and coffee after 09:30 Mass.

**Sacrament of Reconciliation:**  
Saturday 5:30pm at St Colman's Church.

## Fourth of July Summer Fair

Thank you very much to everyone who came to make our summer fair a happy and enjoyable event, especially to all who volunteered to help set up, run stalls, steward the animals, cater the food, and tidy up afterwards. A special thank you to Zia and our Hall Committee for masterminding the summer fair.



**Independence Day**  
**Congratulations to our American cousins of the 250th anniversary of the founding of the United States!** The founding fathers' bold project to build a nation upon the self-evident truths that all human persons are created equal, and endowed by their creator with certain inalienable rights, remains the most significant political undertaking in history. *Annu it coeptis!*

**The Sanctuary Lamp** is sponsored this week by Maureen Smeeth for H.M. Government.

### Of your charity, please pray:

- For friends and neighbours who are ill or housebound: Kana Blyth, Elizabeth Christian, Christine, Anne Colley, Tommy Cooper, John Cox, Pauline Crook, Billy Cryer, Jean Gartshore, Bob Guy, Janet, Dawn Marie, Sajimon Mathew, Paula Medd, Phoenix, Valerie O'Donnell, Maureen Smeeth, Verena, Heather Webber, Dee World.
- For patients in the Queen Alexandra Hospital and for residents in the care homes and nursing homes in our parish: Kinross, The Haven, Hamilton House, and Cosham Court.
- For St Paul's Primary School and Oaklands Catholic School: the staff, governors, children, parents and families.
- For the souls of the faithful departed, especially Michael and Anne Colley and Elizabeth Anne Daniell: may they rest in peace.