St Colman & St Paul Catholic Community, Cosham and Paulsgrove

Jesus Prince of Peace South East Hampshire Parish Area

The Catholic Diocese of Portsmouth

Bringing people closer to Jesus Christ through His Church



02392 376151 scsp@portsmouthdiocese.org.uk 07555 182118

www.portsmouthdiocese.org.uk/parish/st-colman-and-st-paul/

Community Pastor: Fr Oliver Ezeani

Parish Administrator: Mrs Zia Collins

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

Sunday 25th October 2026 : Thirtieth Sunday of the Year

Slow down and pay attention.

The human hearts always yearn for love, connection, acceptance. This is because we are created for relationships, both with ourselves, with others and with God. Unfortunately, our generation is one that is constantly on the move, with our minds preoccupied about responsibilities, appointments, deadlines. The tragedy of our time is not that we do not meet people rather, that we pass one another without really seeing each other. No wonder we live in the same neighbourhood, share the same workplace, worship at the same church yet we remain strangers to each other.

Slowing down does not mean being sluggish or counting our steps, and paying attention is not merely observing what happens around us, it's about recognising what matters most, that is, the humanity of those we encounter. It is an invitation to become more attentive to God through the people around us. It tasks us to pay attention to the examples of our lives and reminds us not to oppress but to notice and care for the most vulnerable. This is because the needs of others are not always announced loudly, hence suffering, could be hidden under the cloak of a smile. This week, the Lord invites you to slow down and pay attention to recognise and care for someone He has placed before you, especially someone who needs attention; a wife, husband, a child, a sick or elderly person, a person sharing the pew with you in the church, or in the bus. Yes, pay attention to them, for this is the meaning of love of God and love of neighbour.

Times of Mass this week				Mass intentions
Saturday 24 October	6pm	St Colman	Sunday 30	Valerie Bishop RIP
Sunday 25 October *Holy Hour for Vocations:* *5 – 6pm St Colman*	9:30am	St Colman	Sunday 30	Our Holy Mother the Church
	11.30am	Our Lady & St Paul	Sunday 30	Holy Souls
	4pm Hospital Chapel		Sunday 30	QA Hospital Mass
Monday 26 October *Adoration 9am – 5pm St C*	12:30pm	Hospital Chapel	Ss Chad & Cedd	Family & Friends of Celia Cummings Alive and Deceased
Tuesday 27 October	9am	St Colman	Feria	Ivan Stanchev Iliev RIP
Friday 30 October	6:30pm	St Colman	Feria	Mary Ann White
Saturday 31 October	6pm	St Colman	All Saints	Maximus Almeida RIP
Sunday 1 November	9:30am	St Colman	All Saints	George & Grace Roach
	11:30am	Our Lady & St Paul	All Saints	Priests, Nuns & Religious
Holy Hour for Vocations: *5 – 6pm St Colman*	4pm Hospital Chapel		All Saints	QA Hospital Mass
Sacrament of Reconciliation: Saturday 5.30pm at St Colman's Church				

South East Hampshire Pastoral Area: https://portsmouthdiocese.org.uk/parish/havant-pastoral-area/

Area Pastor: Fr Andrew Wagstaff (resident at Sacred Heart Waterlooville)

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

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

NB That with immediate effect, we are no longer able to accept cheques – many thanks
We also kindly ask – no foreign currency please

There will be a retiring collection next weekend 31 Oct/1 Nov for **Bamenda**
Envelopes may be collected from the back of the Church

WANTED – MUSIC

Is there a piece of music which stirs you spiritually? Would you be willing to share it with others? On Sunday 6th December at 2pm there will be a Music Reflections at St Edmund's, Horndean and we need entries from parishioners. It can be from any culture, language or genre of music.
If you would like to submit a piece for consideration, please email events@stedmundhorndean.org.uk with **Music Reflection** as the subject line and include the following information:
The name of the piece and the artist performing it. A link to the music online (if you have one). Your name.
The closing dates for submissions is 22nd November. Many thanks, Trevor Nee (Event Co-ordinator)

On Monday 2nd November 2026 there will be two Masses offered at St Colman's for All Souls – 9am and 6pm
Also, at the back of the churches this weekend (both at St Colman's and St Paul's) you will find sheets to add the names of your departed loved ones to be prayed for at these Masses.

WOULD YOU BE ABLE TO HELP US PLEASE?
Do you enjoy flower arranging? If so, please consider joining the Flower Arranging Team at St Colman's.
Are you able to spare two hours per month? The Church Cleaning Teams would be very happy to receive your help if you are. Please contact Zia in the Parish Office if you are interested.

DON'T FORGET – There will be a cake sale in the hall after Mass this Sunday in aid of CAFOD.

The sum of **£327.80** was raised last week for **Missio – World Mission Sunday**. Thank you all for your generosity.

The Sanctuary Lamp burns constantly before the **Tabernacle**: this week it is sponsored by Zia Collins for her late mother Valerie Bishop.
The Sanctuary Lamp by The Sacred Heart is sponsored by Maureen Smeeth for Father Oliver and the community of St Colman with St Paul

Of your charity, please pray:

- For our friends and neighbours: Kana Blyth, Elizabeth Christian, Christine, 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, Margaret Wells, 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: may they rest in peace.