



## SS. Joseph & Swithun Parish News

Telephone No. 020 8402 0459 | bromley@rcaos.org.uk | [www.stjosephsbromley.org](http://www.stjosephsbromley.org)

Twenty-First Sunday Year C

24th August 2025

Readings on Page: 127 of the Parish Mass Book

### **Growing in Prayer – Christian Meditation**

The practice of meditation exists in almost all the world's religions. But it is also a widespread activity among people who do not have a religious view of life. We all need to meditate, to reflect, to discover ourselves, it is a human dynamic which may help us to address the daily stress and emptiness that is everywhere. Christian forms of meditation are different from non-Christian meditation. The key difference is that Christian meditation should lead one to knowing and experiencing God in a deeper and more personal way.

In the Catholic sense, meditation is a distinct form of sustained praying. Benedictine monk John Main OSB recovered meditation for modern Christians through his study of the teachings of desert fathers and mothers, particularly the teaching of John Cassian. It is a form of mental prayer and is, 'a silent elevation and application of our mind and heart to God.' Christian meditation guided by the Holy Spirit leads to an encounter with Jesus, leads us to communion with Jesus.

In her masterpiece, *The Interior Castle*, St. Teresa of Avila teaches us that the soul in a state of grace can gain self-knowledge and explore the self at a deeper level. As a person meditates and progresses deep within the soul, he or she discovers Christ, the bridegroom. Catholic meditation in this context refers to a profound union with God. Padre Pio stresses the importance of meditation for growing in Spiritual life. He likens meditation to checking our reflection in a mirror: "Whoever does not meditate is like someone who never looks in the mirror before going out, doesn't bother to see if s/he is tidy, and may go out dirty without knowing it."

The *Catechism* specifies: "Meditation engages thought, imagination, emotion and desire. This mobilization of the faculties is necessary in order to deepen our convictions of faith, prompt the conversion of our heart, and strengthen our will to follow Christ." (n. 2708).

Our Parish is offering an opportunity for us to learn and grow in using Christian meditation to grow in our prayer life. The guided Christian meditation will begin from the first week of September this year in the upper room in order to help all those who would like to use this means of prayer to experience the Lord in stillness and silence. This may also lead some of us to accept God's mercy and healing. All are welcome. **Fr. Saju**

### **Mass Intentions**

#### **Saturday 23rd August**

10.00am Int. Tony & Connie  
Gaughan (Yacoub)  
6.00pm Alastair Cowden RIP  
(Margiotta)

#### **Sunday 24th August 21st Sunday**

8.00am People in Bromley (Ada)  
9.15am People of the Parish  
11.00am Mary Murphy RIP  
(McConnell)  
12.30pm **Baptism: Charlie Dutton**  
1.30pm **Baptism: Roy Larsen**  
5.00pm Paul Evans RIP (Smith)

#### **Monday 25th August Bank Holiday**

10.00am Emma Panas RIP

#### **Tuesday 26th August**

10.00am Mary Murphy RIP  
(Maguire)

#### **Wednesday 27th August St Monica**

10.00am Maureen Coffee RIP  
(McConnell)

#### **Thursday 28th August St Augustine**

10.00am Frances McGoran RIP (May)  
11.30am **Funeral: Gerry Leonard RIP**

#### **Friday 29th August**

#### **The Passion of St John the Baptist**

10.00am Int. Jaydev Chauhan  
(O'Grady)

#### **Saturday 30th August**

#### **St Margaret Clitherow**

10.00am Jane Lewis RIP  
(Asilamani)  
6.00pm Sr. Jeanne Madeleine RIP  
(Craddock)

#### **Sunday 31st August 22nd Sunday**

8.00am People of the Parish  
9.15am Thanksgiving (Trixie Raju)  
11.00am Mike Stead RIP  
20th Anniversary  
5.00pm Some Definite Service  
Volunteers (Ada)

**St Swithun's Church**  
**9 Fashoda Road, BR2 9RE**

**Mass Intentions**

**Saturday 23rd August**

6.00pm Annette Foley RIP (Julie Clarkson)

**Sunday 24th August**

10.00am Wellbeing of Royston Noruega

**Monday 25th August Bank Holiday**

10.00am Amelia and Estella Rodrigues  
Thanksgiving.

**Saturday 30th August**

6.00pm Severiano Lopes RIP

**Sunday 31st August**

10.00am Wellbeing of Royston Noruega

**Monday 1st September**

10.00am Ron & Kate Smith RIP

*For Mass Intentions please see Nelson*

**St Swithun's Hall Bookings:** 020 8402-0459

**Confession** will be available in St. Swithun's Church on Saturdays between 5.20-5.45pm.

**Tea and coffee** on Sunday mornings will resume in September.

**Funerals:**

**The funeral of Gerry Leonard RIP** will be held on Thursday 28th August at 11.30am in St. Joseph's Church. May he rest in peace.

**The funeral of Maria Matthews RIP** will be held on Wednesday 3rd September at 12 noon in St. Joseph's Church. May she rest in peace.

**Helen Mudge** died recently. Please remember her in your prayers. May she rest in peace.

**Christian Meditation** This is an opportunity in the parish for all those who wish to spend time in silence and prayer with the help of Christian Meditation. Open to everyone, no experience needed. To experience peace within with guided meditation. Starting on Thursday 4th September, Meditation will be guided by a skilled and experienced person and the duration is half an hour in the Upper Room from 7.00pm. Refreshments available.

**Our Parish Faith Formation**

All those registering to attend one of our **Sacramental Preparation Courses** are requested to meet with one of our priests during surgery hours. Surgeries will be held from 4.30-6.30pm in Holy Trinity House: **During August Parish Surgery will be held by appointment only.**

**Baptism Preparation.** Please see reverse of Newsletter to enrol on our next Baptism Preparation Course starting on Saturday 6th September 2025.

**First Holy Communion Parents Retreat will be held on Saturday 6th September from 9.30am to 3.30pm in St. Joseph's church hall.** For further information please contact Deacon Garry.

**Journey in Faith Open Evenings will be held on Mondays 1st & 8th September at 8.00pm in Holy Trinity House.** The Journey in Faith Group welcomes new enquirers to start a period of preparation and discernment. See poster in foyer of church. For further information please contact Matt Gibbs on 07955 084287 or email: [bromleyrcia@rcoas.org.uk](mailto:bromleyrcia@rcoas.org.uk)

**Family Mass on Sundays at 9.15am.** The Children's Liturgy and Uniform Groups will resume in September. **Tea and Coffee on Sunday mornings** will resume in September.

**Induction and Training for new Altar Servers will take place in St. Joseph's Church on Saturday 6th September from 3-5pm.** This is an annual training and induction session. Kindly ensure that your child/children are present in order for them to be able to start Altar Serving at our Masses. Refreshments will be provided for the children. We are looking forward to meeting all of you and your children as they embark on this Sacred Ministry. Thank you.

**Summer Holidays: Readers and Eucharistic Ministers.** If you are unable to cover one of your scheduled slots on the rota, please swap with someone else on the rota. If there is no one available, please inform a priest, deacon or sacristan.

**Cancer Café and Prayer Support Group starting on Tuesday 2nd September at 1.30pm in the Upper Room.**

1st Tuesday of month: Prayer Support Group

3rd Tuesday of month: Cancer Café

Refreshments will be served. For further information contact the Parish Office.

## Jubilee Year 2025

**Jubilee Year: Parish Pilgrimage to Rome and Assisi in the Jubilee Year:** Dates: 7th – 11th October 2025. For further information please email Susan Lowery at: [sclowery@hotmail.co.uk](mailto:sclowery@hotmail.co.uk)

**As part of celebrating the Jubilee Year, the third Night Vigil will be held on 21st/22nd November 2025.** The Night Vigil will commence with Mass at 7.00pm and conclude with Mass at 6.30am.

**Parish Pilgrimage to Medjugorje from 8th-15th September 2025.** There are still a few places left for this Pilgrimage. For further information please contact: Susan Lowery at: 07973 296607 or email [sclowery@hotmail.co.uk](mailto:sclowery@hotmail.co.uk)  
See poster in foyer of church.

**The Dad's Group** will meet again on Wednesday 17th September from 19.30-21.00 at The Crown, Plaistow Lane. This is open to all dads who still have a child at school. Contact: Richard Barrett on 07729 392936 or email: [rgtbarrett@gmail.com](mailto:rgtbarrett@gmail.com).

**Seniors Lunch.** The next Seniors Lunch will be held on **Tuesday 2nd September** from 12 noon to 1.30pm in Holy Trinity House. Please let the parish office know if you would like to attend.

**Bromley Homeless** is an award-winning local charity tackling homelessness in our Borough. Some parishioners have supported them for a long time but as both the need and this charity grow, other members of our parish community may wish to get involved. On Sunday 14<sup>th</sup> September at 6.00pm (after 5 pm Mass), Simon Jeal, the Volunteer Co-ordinator for Bromley Homeless will give a talk in the hall about the work of Bromley Homeless and the opportunities for supporting it. Please do come and find out how you can help those in our locality who lack the advantage of a secure home. For more information please email either John Warren ([jrwarren@gmx.co.uk](mailto:jrwarren@gmx.co.uk)) or Teresa Adams ([tessie.m.adams@gmail.com](mailto:tessie.m.adams@gmail.com))

**SVP Annual Raffle.** Members of our SVP Group will be selling raffle tickets after all Masses next weekend. The tickets will cost £5 per book of 5 tickets. The St Vincent de Paul Society is part of an international Christian voluntary network dedicated to tackling poverty in all its forms by providing practical assistance to people in need. Thank you for your support.

## Supporting the Parish

### Parish Finances for last week

Thank you for your continued support and generosity.

#### Standing Orders:

Average weekly contributions: £1400.

#### Cashless contributions last week:

Mass offerings: £ TBC

Building Fund: £ TBC

#### Offertory Collection last week:

St. Joseph's: £922.29 St. Swithun's: £147.74

#### Gift Aid and Standing Order Enquiries:

Please email the Gift Aid Co-Ordinator at: [bromleygac@rcaos.org.uk](mailto:bromleygac@rcaos.org.uk) or call the Parish Office on 020 8402 0459.

Please see below the **Cashless Giving QR code**. Please scan the code with your smart phones to make cashless contributions.



#### Bank transfers for Offertory contributions can be made to the account below:

Short bank account name: **St Josephs Parish**

Bank sort code: **60-04-02**

Account number: **84093595**

Reference: **Please show your surname and initials (eg. Bond J)**

**Coach Outing to Brighton on Wednesday 3rd September.** Please contact Gina Clark if you would like to book on 07780 48767.

**A new Playgroup has opened in St. Swithun's Church Hall.** For further information please contact Caroline O'Brien on 07525 651031 or email: [stjosephsplaygroup ltd@gmail.com](mailto:stjosephsplaygroup ltd@gmail.com)

**Marriage Help** - A Lifeline for troubled marriages. Retrouvaille helps couples find hope and healing for their marriage. Next date: 17th-19th Oct. [www.retrouvaille.org.uk](http://www.retrouvaille.org.uk) Tel: **0788 7296983**

***If you would like one of our Pastoral Team to visit a sick or housebound relative please contact the parish office.***

***Please pray for all those who are sick in our Parish, in nursing homes, in hospitals and the housebound, remembering,*** Gina Clark, Robert Straker, Stella Ludlum, John Aummundsén, Catherine Rideout, Emma Constantinides, Joan Leonard, Betty Byrne, Mary Edwards, Cathy Mair, Faith Millar, Utz & Yoko Reiff, Simon Franks, Paul Emans, Veronica Alanemo, Bernadette Murray, Maria Lopes, Billie McPartlan, Fr Bob Mercer, Ann Hoolihan, Patricai Lefkaridi, Fr. David Peck and Gail Mortimer.

***Please pray for our deceased relatives and friends, remembering,*** Dermot Kenny, Gerry Leonard, Helen Mudge, Maria Matthews, Frances McGoran, Lucia Holder, Graham Morton, Alastair Cowden, Paul Evans, Emma Panas, Mary Murphy, Maureen Coffee, Jane Lewis, Sr Jeanne Madeleine & Mike Stead.  
**May they rest in peace.**

**Sacrament of Reconciliation. Saturdays from 10.30-11.30am and 5.00-5.45pm and on request.**

**Rosary:** The Rosary and Adoration of the Blessed Sacrament will be prayed in Holy Trinity Chapel between 10.30-11.30am from Monday to Friday. On Saturday it will be in the Church and Confession will be available.

**Baptism: Parents & Expectant Parents—You are invited to register for your child's baptism on line:** [https://www.stjosephsbromley.org/wp-content/uploads/2025/07/Baptism-Registration-Form\\_July-2025.pdf](https://www.stjosephsbromley.org/wp-content/uploads/2025/07/Baptism-Registration-Form_July-2025.pdf) Please complete and print the form and bring to one of the surgeries on Monday evening in the Parish to meet a deacon/priest in the Holy Trinity House for the completion of the application. The next Baptism Preparation Course will begin on Saturday 6th September 2025.

**Marriage:** Please contact a priest or deacon. **Six Months notice is required.**

### **Presbytery & Parish Office**

**Presbytery:** 15 Marian Gardens, Bromley BR1 3FH Tel: 020 8402 0459

**Parish Office is open from 8.30am to 12.30pm Monday to Friday**

#### **Parish Pastoral Team**

Fr. Saju Thomas (Parish Priest)	Tel: 020 8402 0459	e: <a href="mailto:sajuthomas@rcaos.org.uk">sajuthomas@rcaos.org.uk</a>
Fr Patrick Essien (Asst. Priest)	Tel: 020 8402 0459	e: <a href="mailto:patrickessien@rcaos.org.uk">patrickessien@rcaos.org.uk</a>
Deacon Barry	Tel: 07445 417335	e: <a href="mailto:barrymellish@rcaos.org.uk">barrymellish@rcaos.org.uk</a>
Deacon Aidan	Tel: 07747 036253	e: <a href="mailto:aidanmcpartlan@rcaos.org.uk">aidanmcpartlan@rcaos.org.uk</a>
Deacon Garry	Tel: 07766 557213	e: <a href="mailto:garrycullen@rcaos.org.uk">garrycullen@rcaos.org.uk</a>

**Parish Secretary: Susan Allatt Email: [bromley@rcaos.org.uk](mailto:bromley@rcaos.org.uk)**

Follow us on **Facebook:** [www.facebook.com/ssjosephandswithun/](https://www.facebook.com/ssjosephandswithun/) and **Twitter:** [@SSJosephSwithun](https://twitter.com/SSJosephSwithun)

**Surgery Times: 4.30-6.30pm in Holy Trinity House**

**During August Parish Surgery will be held by appointment only.**

**St Joseph's and St. Swithun's Hall Bookings: 020 8402 0459**

**St. Joseph's School:** Tel: 020 8460 1976 | Website: [www.st-josephs.bromley.sch.uk](http://www.st-josephs.bromley.sch.uk)

**Head Teacher: Mrs Cribben**

**St. Joseph's Playgroup Ltd:** Monday-Friday. Term time only. For enquiries please ring: Caroline O'Brien on 07961 413694.