

# FEAST OF THE EXALTATION OF THE HOLY CROSS

Reading Cycle C  
Page 191 in the New Red Mass Book  
Psalter Week 4  
Sunday 14<sup>TH</sup> SEPTEMBER  
Chaplain: Rev. Peter Davies  
[peter.davies4@wales.nhs.uk](mailto:peter.davies4@wales.nhs.uk)  
Safeguarding Rep: C German  
e-mail: [Cge7618946@aol.com](mailto:Cge7618946@aol.com)



ST PATRICK'S GRANGETOWN  
CARDIFF CF11 7 LJ

Tel No: 20253514

Parish Priest: Fr Valentine Mobuogwu  
Fr Peter Okafor

Please leave your phone number and e-mail address  
[grangetown@rcadc.org](mailto:grangetown@rcadc.org)

Website [www.stpatrickscardiff.co.uk](http://www.stpatrickscardiff.co.uk)

Facebook Page:

Friends of St Patrick's Grangetown -  
[www.stpatrickscardiff.co.uk](http://www.stpatrickscardiff.co.uk)

## MASSES AND SERVICES FOR THE WEEK

SAT	13 <sup>TH</sup> SEPT	THE FEAST OF THE EXALTATION OF THE HOLY CROSS Education Sunday	6.30pm	Those lost in the earthquake in Afghanistan
SUN	14 <sup>TH</sup> SEPT		10.00am	Lu and Pat Mooney R.I.P
		NO WEEKDAY MASSES THIS WEEK		
SAT	20 <sup>TH</sup> SEPT	TWENTY FIFTH SUNDAY OF ORDINARY TIME	6.30pm	People of the Parish
SUN	21 <sup>ST</sup> SEPT		10.00am	Margaret Salter R.I.P

## PRAYERS FOR THE SICK, ANNIVERSARIES AND THOSE WHO HAVE RECENTLY DIED:

Let us pray for the repose of the souls of Joyce Warry and Phillippa Woodward who have died recently. May they rest in eternal peace.

We also pray for Charles Halbert (1980), Gagtano Olivari, Joseph Collins, (1982), Norah Driscoll (1983), William O'Reilly, Timothy Murphy (1985), Richard Curtin (1986), Ada O'Brien (1987), Mary Ferrier (1988), Winifred Harris (1989), Frances Luxton (1992), Irene Canning, William Bryon (1993), Patrick McMahon (1996), Agnes O'Reilly, Joseph Massari, Veronica Searle (1998), Francis Pietrowski (2003), Monica Bulpin (2004), Patrick Graven (2008), Maria Canu (2010), Rosa Dimech, Leonard Gibson (2013), Margaret Salter (2022), David Ryan (2023), Kim Wilson (2024)

We pray for those in our families or in our Parish Community who may be sick, housebound, worried or in need. We ask that the love of the Lord be with them during the coming week. To all our parishioners who are indisposed we ask that they may receive every grace and blessing.

**CANDLES** You can buy a 7 day candle (£5.00) which will be left at the Sacred Heart or Our Lady's Altar for the duration of a week. This week's candles will be lit for Margaret Salter, Mark Anthony Anderson, Kane Sawday, and the Well Being of George Pearce

**T-lights** are 20p each. Please put your money in the box on each stand.

**THANK YOU AND BEST WISHES:** This week we say Goodbye to Frs Valentine and Peter who will be leaving us to take up their roles in St Helen's Parish Barry. We hope they have enjoyed their time with us and we thank them for being part of our Parish Family and leading us on our spiritual journey. We wish them every Grace and Blessing as they become part of a new Parish Family and we will remember them in our prayers.

**REGISTRATION FOR THE SACRAMENTS OF RECONCILIATION AND FIRST HOLY COMMUNION IS NOW OPEN.** This is for baptised children in Y 3 or above. If you wish your child to receive the sacraments this school year please speak to one of the Catechists ( Mary, Renata or Christine) before or after Mass. They will provide you with a registration form which will need to be completed and returned by Sunday October 5th.

Attendance at weekly Mass is a requirement. Attendance forms will be given and will need to be returned every week for signing.

**CHRISTMAS SALE IN OUR PIETY SHOP:** Come and look for bargains. Last year's stock being sold off at rock bottom prices!

**PARISH COUNT:** Next week we will be counting the number of people attending Mass at the weekend for the Archdiocesan STATS.

**HISTORY TALKS:** Ely Industrial School ( later called Ely Homes) Thursday 18<sup>th</sup> September Grangetown Pavilion 6.30pm FREE

**SEPTEMBER NEWSLETTER FROM THE ARCHBSHOP:** Please look on Facebook or on the Parish Website.

**CAMINO PILGRIMAGE KNITTED TOYS:** Chris Hinds has made some lovely knitted toys to sell to raise funds for the Camino Pilgrimage, and is taking orders. Christmas is only round the corner.

**SVP CAMINO PILGRIMAGE:** In April next year our parishioner Chris Hinds will be taking part in the SVP fundraising event - walking 76 miles of the Camino to Santiago de Compostela. The SVP have stipulated that everyone taking part must raise at least £1500 for SVP funds (half of which will go to St Patrick's SVP). We will be holding a number of events to raise the money so please be supportive and generous. If you want to know more about the walk or to donate please talk to Chris Hinds or Chris German. Thank you in advance.

**All donations will be paid into the St Patrick's SVP Bank Account.**

**VOLUNTEERS NEEDED** for Children's Liturgy on a Sunday morning during the Liturgy of the Word. Volunteers will need to have Safeguarding checks ( DBS) and will receive guidance and training. We would like to have at least 9 people that we can rotate in groups of 3. The sessions will be for Primary age children. Please see Chris for more information.

**OLD SPECTACLES/ GLASSES:** **THE KNIGHTS OF ST COLUMBA** are collecting any old prescription spectacles/glasses . There is a box at the back of the Church.

**SACRAMENT OF RECONCILIATION:** This seems to be the forgotten Sacrament. We all from time to time do things that we regret: unkind words, being thoughtless, times we have strayed from the path that Jesus would wish us to follow. The list is endless. This Sacrament is a chance to put things right in the eyes of God: to wipe the slate clean, if we are truly sorry. But how often do we really see the importance of saying sorry. Reconciliation means putting things right, being on the same page as someone, not at odds. God waits for us to be reconciled with Him. Take the opportunity. Just tell one of the priests that you would like to receive this Sacrament. They are always ready to listen to you.

**PARISH WEBSITE:** This is updated every day. There is the reading for the day, and a reflection, the photos from the Summer Event, the latest newsletter, times of Masses and this week's focus is on candles . Find out. [www.stpatrickscardiff.co.uk](http://www.stpatrickscardiff.co.uk)

**BISHOP ROBERT BARRON'S 'THE MASS'** videos well worth watching. Links are on the Parish Website or just Google Robert Barron the Mass. The videos are not long and really easy to listen to.

**MASS INTENTIONS** At the back of the Church there are envelopes for you to put your donation and the details of when you would like a Mass and for whom. Please indicate if the person is deceased. Please put your envelope in the Offertory Bag or the Brown Box at the back of the Church.

**NEW TO THE PARISH?** If you have been coming to St Patricks for some weeks and would like to be listed as a new Parishioner please complete the proforma at the back of the Church and give it to one of the priests.

**SAFEGUARDING:** Helplines on the Parish Website Homepage and on the Parish Noticeboard A First Aid Box is kept in the Sacristy.

**GOING INTO HOSPITAL?** Please let the Hospital know that you are a Catholic and would like a visit from the Chaplain. If you are a relative and would like the Catholic Hospital Chaplain to make a visit please leave the name of the person you want them to see and the Ward details if possible. When you ring the Chaplaincy 02921 843230 please leave your contact details so that they can contact you.

**HOUSEBOUND COMMUNIONS:** If you know of a parishioner wishing to receive Holy Communion please contact one of the priests.

**CHURCH COLLECTIONS:** September 7<sup>th</sup> £508.94

### **WEEKLY MESSAGE**

Moving on is often a hard thing to do. Maybe it means moving house, changing jobs, starting in a new class, school or college, relocating to a different part of the country, or world, or parting company with a friend or colleague. Each day we start afresh. As we look out of the window, the weather may be totally different from what it was yesterday, and what it will be like in a few hours time is anyone's guess. Even if the tasks we face seem routine and mundane, the way we go about them will be different. Over the last two years we have had to say goodbye to several people in our Parish Family: Some of our loved ones have returned home to Our Heavenly Father, Fr Solomon moved on to St Mary's and St Francis, Fr Malachy moved on to Aberaeron, Lampeter and Aberystwyth (Both of whom send their warmest greetings to you all and news that they are getting on well). For each of our two young priests it was stepping into the unknown (again), getting to know new people, finding their way along new and different streets, and joining new Parish Families. This weekend we say farewell to two more of our Parish Family as they embark on the next stage of their journey, this time to Barry. A seaside town and home to Gavin and Stacey. (Fr Peter may need to consult Google). Whatever each day brings for them we will always remember them in our prayers and they will always be part of the St Patrick's Parish Family. Many of us are great list makers, with each day bringing with it a never ending list of things to be achieved as we move through the hours: appointments, social engagements, cooking, washing, packing and unpacking, and .. ironing. Each day evaluated by how much we have achieved in the time allowed. We are continually moving forward, moving on. Some days we feel we have achieved a lot, and others not so much.

As we go about all of it, from bed making to locking the door before we go to bed, the Lord moves with us, wanting us to involve Him in our daily routines. Sometimes we become so absorbed with our 'to do' list that we forget that the Lord who created us, gave us each day and the world we live in, wants to share in the things we do. Maybe we do move on from place to place, but all of us are moving forward on our spiritual journey. Let us try to involve the Lord as we tackle the mundane, the boring, the worries, the joys and the journeys we make and ask Him to give us strength, patience and courage and we all move on.

