



## TWENTY-FOURTH WEEK OF THE YEAR

### Sunday 13th September - Twenty-Fourth Sunday of the Year

8:00 - Holy Mass: Holy Souls/Ewa Glowacki, RIP  
10:00 - Holy Mass: Pro Populo  
11:15 - Holy Mass: Teresa Jonker, RIP  
16:00 - Vespers & Benediction

### **Monday 14th September - Exaltation of the Holy Cross**

*Veneration of the Relic of the True Cross at all Masses*

7:30 - Holy Mass: Holy Souls/Cyril. Bridget, & Mo George, RIP  
8:30 - Oratory Morning exercises  
09:30 - Holy Mass: Keith Munro, Int  
17:30 - Oratory Evening exercises

### **Tuesday 15th September - Our Lady of Sorrows**

7:30 - Holy Mass: Holy Souls/Sr. Lucy Bowe, F.M.M, RIP  
8:30 - Oratory Morning exercises  
09:30 - Holy Mass: Joan Blair, RIP  
17:30 - Oratory Evening exercises

### **Wednesday 16th September - St. Cornelius & Cyprian**

7:30 - Holy Mass: Holy Souls/Cyril. Bridget, & Mo George, RIP  
19:00 - Holy Mass: Judge Neil Bidder, KC, RIP

### **Thursday 17th September - St. Robert Bellarmine**

7:30 - Holy Mass: Holy Souls/Ann Widdecombe, RIP  
8:30 - Oratory Morning exercises  
09:30 - Holy Mass: Sr. Angela Bowe, O.S.U, RIP  
17:30 - Oratory Evening exercises

### **Friday 18th September - Feria**

7:30 - Holy Mass: Holy Souls/Terry & Hazel O'Brien, RIP  
8:30 - Oratory Morning exercises  
09:30 - Holy Mass: Lily Mandal, Int  
❖ 11:00 - Requiem Mass for Joseph Guerin, RIP  
17:30 - Oratory Evening exercises

### **Saturday 19th September - Our Lady's Saturday**

08:00 - Holy Mass: Holy Souls/Brendan O'Shea, RIP  
16:30 - Vespers  
17:00 - Holy Mass: Paul O'Brien, John and Audrey Bodenham, RIP

### Sunday 20th September - Twenty-Fifth Sunday of the Year

8:00 - Holy Mass: Holy Souls/Patricia Maureen George, RIP  
10:00 - Holy Mass: Pro Populo  
11:15 - Holy Mass: Ryszard Staron, Int  
16:00 - Vespers & Benediction

### CONFESSION TIMES

Sundays: 15 minutes before and during all Masses

Weekdays: 7:15 to 7.30am ; 9:00 to 9:30am  
*Since the time of St. Philip Neri, the Fathers of the Oratory have made themselves available for Confessions during daily Mass. Outside of these set times, there is a Confessional Bell positioned in between the two Confessional Boxes in the Church. Ring to alert a Priest.*



### ADORATION OF THE MOST BLESSED SACRAMENT

Monday, Tuesday, Thursday & Friday: 9.00- 9.30am  
Wednesday 6.00 - 7.00pm

### HOLY ROSARY

Monday, Tuesday, Thursday, & Friday:  
5:30pm

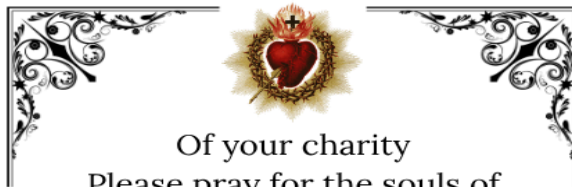
Wednesday: 6:00pm



*The community pray the Rosary daily for the intentions of the Parish, for those who are sick and have died recently. If you would like an intention added to the list please let one of the community know.*

### VENERATION OF THE RELIC OF ST. PHILIP NERI

Friday: After morning Masses



Of your charity  
Please pray for the souls of

**Mr Joseph Guerin, RIP**

Requiem Mass on the 18<sup>th</sup> September  
at 11am

*Eternal Rest grant unto him O Lord,  
and let perpetual light shine upon  
him.*

*May he rest in peace.*



## PRAYERS REQUESTED for the SICK

*Please join the Cardiff Oratory Fathers and Brothers in praying daily for the sick and those who have care for them.*

Hannah, Michael McCarthy, Elizabeth Gould, Bill Jonker, Joseph, Elizabeth, Dorothy, Bernie Horan, Patricia Kelly, Sylvia Hole, Christine Elsmore, Kenneth Pinder, Terry Hardy, Eileen Sparkes, Ena Gray, Paul Marshall, Angela Bullard, Joan Wheeler, Alan Turner, Dawn, Alun Edwards, Dina Williams, Elaine Molan, Edgar Guerin, Dai Thomas, Marilyn Maunder, Len Reece, Dooley, Sian Haffield, Diana Ward, Mike Grant, Shirley O'Leary, Victoria Sweeney, A.& N Xavier Philips, Kevin Harris, Kate, Pauline Cook, Daniel Doran, Rita Taylor, John C. Keenan, Shirley Thomas, Anne, Daniel, Sarah Caswell, Mary May Cassidy, Rosa Tannorella, Gary Britton, Clare Schwartz, Martin Flynn, Darren, Summer Hutchinson, Johnnie Doherty, Patricia Yarwood, Libby Conway, Summer Arnesen, Diane, Laura, Jane, Lucy Iacobucci, Jason Benedito, Gareth Bowen, Ann Henry, Sarah, Claire Hawkey, Danielle Camilleri, Jane Morris, Jonathan Bowen.

**ST ALBAN'S PARISH**  
**HARVEST FESTIVAL MASS**  
Sunday 4 October at 10.00 a.m.



**PARISH HARVEST SUPPER**  
Saturday 10 October at 7.00 p.m.  
in the Parish Hall  
Tickets: £5 each • Families: £20

### Can you help?

A young Catholic family are looking to buy a house in Cardiff, having recently moved to the area.

If you might consider selling yours, contact Ed & Jo Smith at [mustardtreesmiths@gmail.com](mailto:mustardtreesmiths@gmail.com) or 07897194483.

### Lost Property

If you have recently lost or misplaced an item in the church or Parish Hall, please speak to one of the Fathers or Brothers after Mass. Any items that remain unclaimed for an extended period may be donated or disposed of as appropriate.

### Events this week

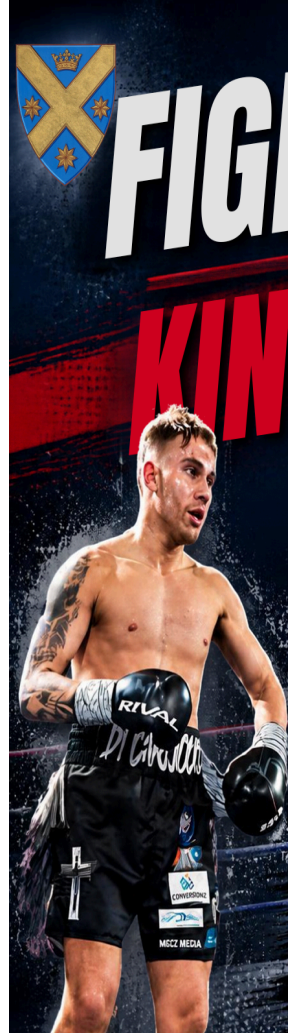
#### **Monday 14th September**

Tai Chi with Jeanette  
11:00-12:00

#### **Tuesday 15th September**

Philosophy Talk  
18:30-19:15

This month we will look at Immanuel Kant and his revolution of modern philosophy.

**FIGHTING  
FOR THE  
KINGDOM**  
A talk by  
**Jordan Di Carluccio**  
Jordan is a professional boxer from Melbourne, Australia.  
He will give his testimony and how to be a Catholic in Professional Sport.  
**WEDNESDAY  
16<sup>TH</sup> SEPTEMBER  
AT 19:30**  
St. Alban's Parish Hall, Swindon Street, CF24 2NT



## Fr Sebastian writes... The Origins of Harvest Thanksgiving



livelihood depended upon them.<sup>2</sup>

These processions were not affairs detached from ordinary parish life. Medieval accounts record food and drink being provided during or after the perambulation. At some places parishioners were entertained at the parsonage or manor houses; elsewhere food brought from their homes was eaten communally.<sup>3</sup> The related custom of the church or parish ale likewise brought parishioners together for eating and drinking while raising money for the church and, in some instances, providing alms for the poor. Thus prayer, agriculture, hospitality and charity belonged naturally together.

Harvest itself also entered the Church's calendar. Lammas, from the Old English *hlāfmæsse*, "Loaf-Mass", on 1st August, was associated with the beginning of the wheat harvest and the offering of its first fruits.<sup>4</sup> The September Ember Days provided another period of prayer, fasting and thanksgiving associated with the fruits of the earth. The medieval obligation of the tithe further expressed, in a more juridical form, the principle that a portion of the produce of the land was returned for the support of the Church and its ministry.<sup>5</sup> The familiar Harvest Festival took its present form in nineteenth-century Anglican England. The celebration organised by the Revd R. S. Hawker at Morwenstow in Cornwall in 1843 is conventionally associated with its revival and subsequent popularity.<sup>6</sup> Importantly, the nineteenth-century Harvest Thanksgiving may be understood as gathering into one autumn celebration several authentically historical, Pre-Reformation celebrations which had long been integral to our country's agricultural year. Catholic England blessed the land, its fruits were offered to God, neighbours ate together, and Christian thanksgiving found its natural expression in generosity towards others.



I hope that our Parish Harvest Festival Mass will be just such a celebration for us today. When we hear so much about the care of creation, food security, food poverty, what better way can there be for us as a Catholic people, than to share share from our own garden, allotment, foraging or pantry as an act of genuine thanksgiving to Almighty God for what we have received, and as a simple, yet very profound expression of loving our neighbour by sharing food and time with them.

## Notes

<sup>1</sup> For the place of Rogationtide, Lammas and other agricultural observances within medieval English Christianity, see John Maiden, "Animals, Anglicans and Cultures of Prayer and Worship in England, c.1900–c.1950," *Journal of Ecclesiastical History* (Cambridge University Press).

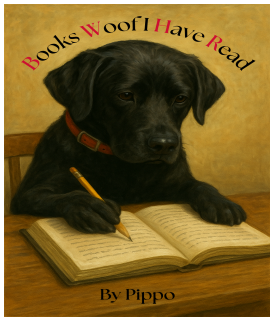
<sup>2</sup> W. G. Henderson, ed., *Processionale ad Usus Insignis ac Praeclarae Ecclesiae Sarum* (Leeds, 1882).

<sup>3</sup> Nicholas Orme, *Going to Church in Medieval England* (New Haven and London: Yale University Press, 2021).

<sup>4</sup> The name derives from Old English *hlāfmæsse*, literally "Loaf-Mass".

<sup>5</sup> R. H. Helmholz, *The Oxford History of the Laws of England, Vol. I: The Canon Law and Ecclesiastical Jurisdiction from 597 to the 1640s* (Oxford: Oxford University Press, 2004), for the canonical and ecclesiastical law of tithes in medieval England.

<sup>6</sup> Robert Stephen Hawker's Harvest Thanksgiving at Morwenstow in 1843 is conventionally regarded as a formative event in the development of the modern English Harvest Festival.



Over the last few weeks the community has been watching the 1981 version of *Brideshead Revisited* starring Jeremy Irons. This made me want to read more Evelyn Waugh. So I read his first published novel *Decline and Fall*.

It is the story of Paul Pennyfeather, an innocent Oxford student, is expelled after drunken aristocrats steal his trousers. Forced to seek employment, he becomes a schoolmaster at Llanabba Castle, a chaotic Welsh school run by Dr Fagan.

It is here that I was shocked at what I read. Waugh caricatures the Welsh as musical, emotional, dishonest, and culturally barren. Dr Fagan absurdly claims that nearly every English disaster, from the Tudors and the dissolution of the monasteries to Lloyd George, Nonconformity and temperance, arose from Welsh influence. He concludes that the Welsh produce no visual art, architecture or drama: "They just sing." However, the passage is so extravagant that Waugh is also satirising Dr Fagan, who is an English snob who dresses prejudice up as learned anthropology. The Welsh are certainly mocked, but the deeper joke is directed at the complacent Englishman who believes himself qualified to classify an entire nation.

In Llanbabba, Paul meets wealthy widow Margot Beste-Chetwynde and becomes engaged to her, unaware that her fortune comes from trafficking women. Arrested while assisting her business, Paul accepts imprisonment to protect Margot. She marries a government minister and arranges Paul's supposed death and escape.

Returning to Oxford under another identity, Paul resumes theological studies, having travelled through society's corrupt institutions only to arrive almost exactly where he began again.

Evelyn Waugh is an interesting author. With elegant, precise prose, sharp dialogue and ironic observation of the English upper classes. *Decline and Fall* was published two years before his conversion to Catholicism and one can see the change in writing style. *Brideshead* tempers the earlier novel's anarchic comedy with greater nostalgia, seriousness and Catholic understanding of the virtue of hope. Waugh's later works are commendable to read, such as the *Sword of Honour* Trilogy.

## Aquinas answers modern questions

Whether it is a good thing to re-read a book?

**Objection:** It would seem that it is not good to re-read a book. For reading is ordered towards acquiring knowledge. But when a book has already been read, its contents are already known. Therefore, to read it again appears superfluous.

**On the contrary:** It is written: "The wise man will seek out the wisdom of all the ancients, and will be occupied in the prophets" (Ecclesiasticus 39:1). But wisdom is not always gained by a single reading. Therefore, it is fitting to return to worthy books so that their meaning may be understood more perfectly.

**I answer that:** to re-read a book is good, though not in every case, but according to the worth of the book and the purpose of the reader. For the first reading chiefly gives acquaintance with the words and argument; the second permits judgement concerning their truth; while further readings may lead to contemplation. Just as repeated acts form a habit, so repeated reading allows truth to take root within the intellect and memory.

This is fittingly illustrated by the meaning of *religion*. Cicero, connects it with *relegere*, because religious truths must be repeatedly considered. He also recalls the derivations *re-eligere*, to choose God again, and *religare*, to bind oneself to God. Likewise, in re-reading a worthy book, the reader considers its truth anew, chooses what is good within it again, and binds its wisdom more firmly to the mind.

To return continually to a worthless book, or to re-read merely from laziness or nostalgia while neglecting necessary study, is not praiseworthy. But to return to a great book because its meaning exceeds one reading is an act not of stagnation, but of intellectual humility.

**Reply to Objection:** A book may be known as to its words without being fully understood as to its meaning.





## SVP at St. Alban's

The St Vincent de Paul Society (SVP) is a Catholic charitable organisation dedicated to serving those in need within our local communities. Inspired by the example of St Vincent de Paul and Blessed Frédéric Ozanam, members seek to encounter Christ in the poor through practical help, friendship and prayer. The SVP supports individuals and families facing poverty, loneliness, illness or other difficulties, often through home visits and material assistance. Its work is carried out quietly and with respect for the dignity of every person.

The Parish SVP meets in the Lower Sacristy on the first Wednesday of the month. If you are interested in joining the SVP please contact Marilyn Maunder. In order to carry out their work, the SVP does various fundraising activities throughout the year. The latest initiative is the old or foreign coins and banknotes. There will be another Coffee Morning in the future.



**DONATE**  
**YOUR OLD**  
**OR FOREIGN**  
**COINS & BANKNOTES**

TO HELP  
The St Vincent de Paul Society Reg Charity No. 1053992

**CHANGE FOR CHANGE**  
YOUR OLD AND FOREIGN CURRENCY CAN HELP US TRANSFORM THE LIVES OF OTHERS

TURNING CONCERN INTO ACTION

Please take your coins and banknotes to your Local Appeal Coordinator:

- ✓ All foreign coins & banknotes
- ✓ Current UK coins and banknotes
- ✓ Any old British & Irish money
- ✓ Even obsolete currency!

Currency services supplied by  cash4coins

**The Society for the Protection of Unborn Children (SPUC)** will meet in the Parish Hall on the 8th October at 7:30pm. This will be for the launch of the new Cardiff and District Branch of the SPUC. If you are interested in learning more about the Catholic understanding of the dignity of life please consider joining.

We also express our great gratitude to Paul and Diane Botto, who, after over fifty years of working for SPUC in Cardiff, are taking a well-earned retirement. They have been instrumental in organising the sponsored walks and many other events over the years. This year marked the 52nd annual sponsored walk, which took place around Roath Park and was attended by parishioners from St Alban's and other churches across Cardiff. The amount raised by St Alban's was **£550.50**. This will be the final year in which Paul and Diane organise the walk, and we thank them most sincerely for their many years of dedicated service to SPUC and the pro-life cause.



Society for the **Protection**  
of Unborn Children

## Parish Monthly Bake Sale

Made by the Fathers and Brothers of the  
Oratory

All proceeds help the Restoration Fund  
Third Weekend of Every Month

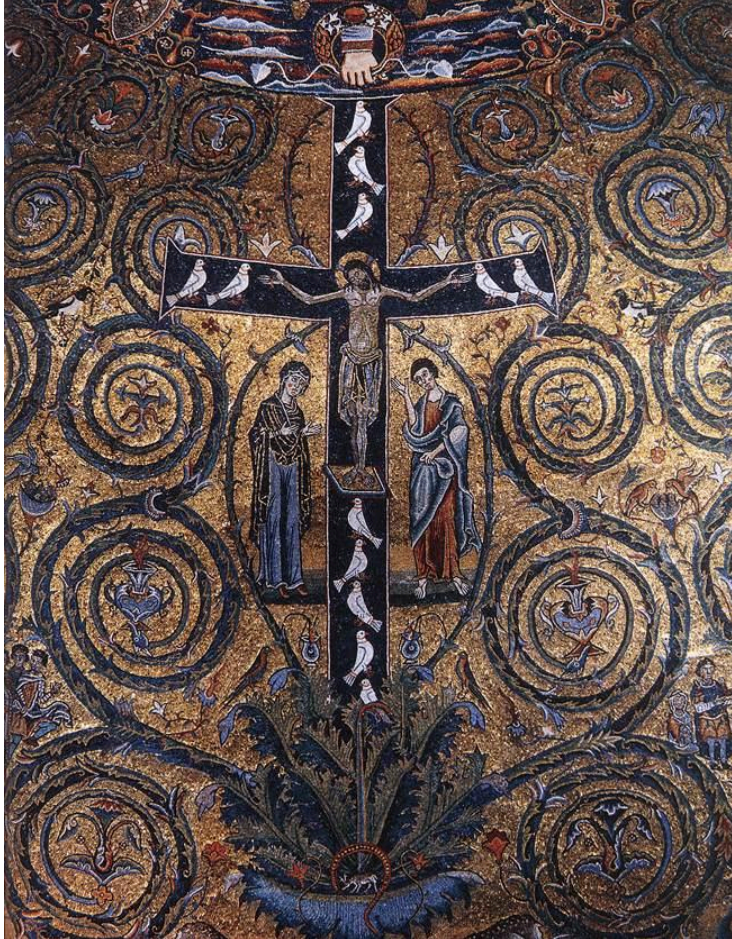




## **The Exaltation of the Holy Cross**

The Feast of the Exaltation of the Holy Cross, celebrated on the 14th September, invites us to contemplate the great paradox at the heart of our Christian faith: that the instrument of Christ's suffering and death has become the sign of our salvation and victory. What appeared on Calvary to be defeat was, in truth, the triumph of divine love over sin and death.

The feast recalls the discovery of the True Cross in Jerusalem, traditionally associated with St Helena, mother of the Emperor Constantine, and the dedication of the Basilica of the Holy Sepulchre in the fourth century. Later, the feast also commemorated the recovery of the Cross by the Emperor Heraclius after it had been carried away by the Persians.



The ancient hymn *Vexilla Regis*, written by Venantius Fortunatus, beautifully expresses the Church's devotion to the Cross. Addressing the Cross itself, we sing: **"O Crux, ave, spes unica" – "Hail, O Cross, our only hope."**

These words capture the meaning of the feast. We do not honour the Cross because suffering is good in itself, but because upon the Cross Christ transformed suffering through love. The wood of shame became the throne of the King; the place of execution became the altar of sacrifice; and death itself became the doorway to eternal life. The Cross therefore stands at the centre of Christian life. We trace it upon ourselves in prayer, it stands above our altars, and it marks the beginning and end of our earthly pilgrimage. When we encounter suffering, disappointment or sacrifice, the Cross reminds us that these things need never be meaningless when united to Christ.

This mystery is portrayed magnificently in the apse mosaic of the Basilica of San Clemente in Rome. At its centre stands Christ crucified, yet the Cross is presented not as an instrument of death but as the source of abundant life. From the Cross springs a great and flourishing vine, whose branches spread throughout the mosaic and embrace the whole of creation. Birds, animals and scenes of ordinary human life are gathered within its branches. The Cross has become the new Tree of Life: from the sacrifice of Christ flows the grace which renews creation and draws all things back to God. What once represented death has, through Christ, become the source of everlasting life.

Fittingly, the following day the Church celebrates Our Lady of Sorrows. Having contemplated Christ upon the Cross, we turn our eyes to Mary standing faithfully beneath it. The two feasts belong together: the Cross reveals the cost of our redemption, while Our Lady shows us how to remain faithful in its shadow. Simeon had foretold that a sword would pierce Mary's soul, and on Calvary that prophecy reached its fulfilment. Mary could not take away her Son's suffering, but she remained with Him in love. She teaches us likewise to stand beneath the Cross with faith, hope and perseverance.

Therefore, on these great feasts the Church raises the Cross before us with confidence: Ave, Crux, spes unica. Hail, O Cross, our only hope. for through you Christ has conquered, and through Christ we are promised eternal life.

**We adore You O Christ and we praise You, because by Your Holy Cross You have redeemed the world.**





## **Vigil Lamps for 24th Week of the Year**

- **Blessed Sacrament:** Chlôe Thomas, Int
- **Sacred Heart:** Jan Parsons
- **Divine Mercy Chapel:** Glowacki & Szczech Families
- **The Lady Chapel:** Teresa Jonker, RIP
- **Chantry of Our Lady:** Judge Patrick Curran, QC, RIP
- **Our Lady of Pity:** Ewa Glowacki, RIP
- **St Joseph:** Joseph Guerin, RIP
- **Our Lady of Walsingham:** David Woolf, and the Order of St. Lazarus



Men's pilgrimage  
to

## **ST. MICHAEL'S MOUNT**

**Saturday 26<sup>th</sup> September 2026**

- 8:00am Mass at St. Alban's
- 8:30 Breakfast in Oratory House
- 9:00 Leave the Oratory
- 10:00 Climb the Skirrid
- 12:00 lunch at the Skirrid Inn
- 15:00 Return to the Oratory

# **What's on at the Oratory**

## **Quiz Nights**

The Monthly Quiz nights are always well attended and always joyous. The next three Quiz Nights are on the **26th September, 31st October, and 28th November**. £1 entry and a raffle on the night. The quiz starts around 7pm.

## **October**

### **Cheese, Wine, & Cocktail Evening 3rd October**

A nice relaxed evening with some lovely cheeses and wines.

### **Harvest Supper 10th October**

A Bring-and-share supper to celebrate the harvest.

### **Ceilidh 24th October**

Welcoming back Mary and the Green Notes who lead the dancing throughout the night. Suitable for all ages.

## **November**

### **Murder Mystery Dinner 14th November**

There will be another evening of intrigue as this dinner is set in the grand halls of Downton Abbey. Will it be someone from the upstairs or the downstairs who will be the victim.

### **Race Night 27th November**

And they're off! Join us for a fantastic evening of fun at the races. Pick your winners, cheer on the horses and enjoy a great night with family and friends.

## **December**

### **A Festival of Nine Lessons and Carols 11th December**

The highlight of advent as we prepare for the coming solemnity of Christmas with Lessons and Carols. With mince pies and mulled wine in the hall afterwards

### **Parish Christmas Social 19th December**

The annual Parish Christmas Social will feature the Christmas raffle draw, a few pantomime sketches and an Open Mic.



ST ALBAN'S PARISH

## PARISH SAFEGUARDING REPRESENTATIVE

### VOLUNTEER WANTED

We are seeking a trusted volunteer to serve our parish community in this important role.

#### The role includes:

- Helping to foster a strong safeguarding culture throughout the parish;
- Supporting the implementation of CSSA safeguarding standards and procedures; assisting with safer recruitment and DBS processes where required;
- Maintaining accurate and confidential safeguarding records;
- Helping parish groups to follow the correct safeguarding procedures;
- Receiving and referring concerns or disclosures promptly and appropriately; encouraging and supporting safeguarding training;
- Working closely with the Parish Priest and promoting continuous improvement.

Training and support will be provided.

### INTERESTED?

Please speak to Fr Sebastian M. for an informal conversation about the role.

Safeguarding is the responsibility of us all.



ST ALBAN'S PARISH, CARDIFF

## MONEY MATTERS

### Our Bank Details:

Name: Oratory of St Philip Neri at Cardiff

Account: 20222572 ~ Sort Code: 52-21-06

NATWEST Bank, Cardiff Branch

Registered Charity: 1170563

### Parish Giving

Loose Collection: £282.95

Gift Aid: £270.00

Gift Aid Online £762.00

### Restoration Fund Giving

Loose Collection: £160.40

Gift Aid: £423.10

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Total: £1,898.45

*"Whether you give weekly, monthly,  
or bank transfer God bless your generosity"*

Fr. Sebastian M.



### St. Alban's RFC Rugby Report

The rugby season has started again with St. Alban's looking to improve on last season. They faced familiar opposition in Cambrian Welfare, which was the same first fixture as last season. St. Alban's fielded a young side due to the amount of Youth players reaching maturity. The one thing that doesn't change is the Bun's discipline. An early penalty saw Cambrian take the lead. St Alban's countered by crashing over the line for the first try of the match. St. Alban's then went a man down with a yellow card but held firm to keep the scoreline the same going into half time. It took a while for the home side to start the second half with Cambrian scoring thirteen points

with one try and two penalties. With determination the Buns fought back with a converted try leading to a tense final ten minutes. St. Alban's kept pushing and were awarded a penalty, which was taken meaning they led by one point into the dying moments of the match. The referee blew his whistle and St. Alban's won their first match of the campaign. The final score was 17-16. They now sit in fourth place with the teams ahead of them getting try scoring bonus points. They have a short break as the next match will be away to Abercynon on the 19th September.

The Second XVI also started the season last week against a very strong Cardiff Met II's. St. Alban's team sadly did not score any points in the first half of the match, but rallied to score three tries in a row to make the match close. A last minute try from the University side took the game out of St. Alban's hands as they lost 33-21. They play Llanharan on Saturday. It will be the first time the second's take on Llanharan in the new division. The WRU has created a new district league with more than just Cardiff teams in it. So there will be a few away trips up the valleys this year, with the furthest match being played in Aberdare. St. Alban's 2nd's are ninth in the table.