

TWENTY-SIXTH WEEK OF THE YEAR

Sunday 27th September - Twenty-Sixth Sunday of the Year

(Sat)17:00 - Holy Mass: Paul O'Brien, John and Audrey Bodenham, RIP

8:00 - Holy Mass: Holy Souls/Pro Populo

10:00 - Holy Mass: Veronica Irene Matthews, RIP

11:15 - Holy Mass: Jakub Michon

16:00 - Vespers & Benediction

Monday 28th September - St. Wenceslaus

7:30 - Holy Mass: Holy Souls/Ewa Glowacki, RIP (Month's Mind)

8:30 - Oratory Morning exercises

09:30 - Holy Mass: Patricia Maureen George, RIP

17:30 - Oratory Evening exercises

Tuesday 29th September - Ss. Michael, Gabriel & Raphael

7:30 - Holy Mass: Holy Souls/Ewa Glowacki, RIP

8:30 - Oratory Morning exercises

09:30 - Holy Mass: Paul O'Brien, John and Audrey Bodenham, RIP

17:30 - Oratory Evening exercises

Wednesday 30th September - St. Jerome

7:30 - Holy Mass: Holy Souls/ Catherine Aghedo, RIP

19:00 - Holy Mass: Fury Family, RIP

Thursday 1st October - St. Thérèse of Lisieux

7:30 - Holy Mass: Holy Souls/Ewa Glowacki, RIP

8:30 - Oratory Morning exercises

09:30 - Holy Mass: Mary Rogers, RIP

17:30 - Oratory Evening exercises

Friday 2nd October September - Holy Guardian Angels

7:30 - Holy Mass: Holy Souls/Teresa Jonker, RIP

8:30 - Oratory Morning exercises

09:30 - Holy Mass: Patricia Maureen George, RIP

17:30 - Oratory Evening exercises

Saturday 3rd October - Our Lady's Saturday

08:00 - Holy Mass: Holy Souls/Majec Glowacki, Int

16:30 - Vespers

17:00 - Holy Mass: Cyril, Bridget, & Mo George, RIP

Sunday 4th October- Twenty-Seventh Sunday of the Year

8:00 - Holy Mass: Holy Souls/Pro Populo

10:00 - Holy Mass: Patricia Maureen George, RIP

11:15 - Holy Mass: Piotr (Int) & Ewa Glowacki, RIP

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

MAXIMS OF ST. PHILIP NERI

28th September - We should not be quick at correcting others, but rather to think of ourselves first.

29th September - Let us think, if we only got to heaven, what a sweet and easy thing it will be there to be always saying with the angels and the saints, Sanctus, Sanctus, Sanctus.

30th September - The best way to prepare for death is to spend every day of life as though it were the last.

1st October - In passing from a bad state to a good one there is no need for counsel, but in passing from a good one to a better, time, counsel, and prayer must go to the decision.

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, 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.

Pop-Up Pilgrimage to Knock

We are organising a short parish pilgrimage to the International Eucharistic and Marian Shrine at Knock in County Mayo. The pilgrimage will take place from Thursday 22 October until Friday 23 October 2026. Pilgrims must purchase their own return flights with Ryanair between Bristol Airport and Ireland West Airport Knock. The outward flight from Bristol departs at 8.40 a.m. on Thursday 22 October. The return flight from Knock departs at 1.20 p.m. on Friday 23 October. When booking, please check the dates, flight times and airports carefully before completing the purchase. Any baggage or optional extras must also be arranged individually. Once you have bought your flights, please inform Fr Sebastian that your booking has been confirmed. This is important because it will allow him to know exactly how many people are travelling and to organise the accommodation accordingly. Further information about the hotel, the cost of accommodation and arrangements for payment will be provided to confirmed pilgrims.

Little Oratory of St. Philip Neri

The Brothers and Women of the Little Oratory are a Secular Oratory, reflecting the origins of the Oratorians. The men and women meet for mornings of reflection monthly which follows the pattern of the once daily gathering in St Philip Neri's room. There were prayers in common, hymns, short sermons, followed by recreation. Following the joyful example of St Philip, they are encouraged to serve God cheerfully, faithfully and generously, growing in holiness while contributing to the wider life of the Oratory family. There are currently nine brothers and six sisters of the Little Oratory. If you would like more information please speak to either Fr Dominic M or Fr Iltyd M.

Events this week

Monday 28th September

Tai Chi with Jeanette

11:00-12:00

Join Jeanette for these sessions of Tai Chi which helps with mind and muscle. There is an opportunity to socialise afterwards.

Friday 2nd October

Men's Group

19:00-22:00

The Men's group meet for Adoration before going into the Parish Hall for a social. This month there will also be Lectio Divina on the Gospel for the coming Sunday.

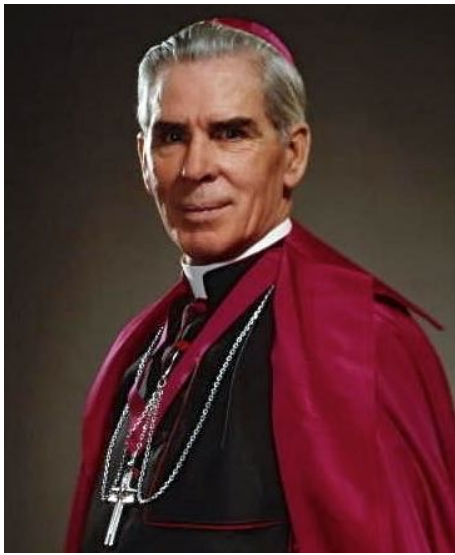
Saturday 3rd October

Cheese, Wine, & Cocktail Night

19:00-22:00

A nice relaxed evening with some lovely cheeses and wines. There will also be an Open Mic to show off your talents. Tickets are £5 each.





Blessed Fulton Sheen

This week the Church rejoiced at the beatification of Archbishop Fulton J. Sheen, one of the most recognisable Catholic preachers of the twentieth century. The Beatification Mass took place at the Dome at America's Center in St Louis on Thursday 24th September 2026, with Cardinal Luis Antonio Tagle presiding. The Church had recognised the recovery of James Fulton Engstrom, who was born without signs of life, as a miracle obtained through Sheen's intercession. Beatification means that Sheen may now be honoured publicly as Blessed Fulton Sheen in those places and communities for which liturgical veneration has been approved. His feast day will be celebrated on 9th December, the anniversary of his death in 1979—his *dies natalis*, or birthday into eternal life.

Sheen understood that modern communications could become powerful instruments for proclaiming the Gospel. Beginning in 1930, he presented the weekly radio programme *The Catholic Hour*, bringing Catholic teaching into millions of American homes. In 1951 he moved to television with *Life Is Worth Living*. Standing before a simple blackboard and speaking without a script, Sheen addressed faith, morality, suffering, communism and the purpose of human life. His intelligence was combined with warmth, humour and a remarkable ability to explain difficult truths in accessible language. The programme attracted audiences of up to thirty million people. In 1952, Sheen won the Emmy Award for Most Outstanding Television Personality. During his acceptance speech, he characteristically thanked his four “writers”: Matthew, Mark, Luke and John. The remark revealed both his humour and the true source of his message.

His preaching was accompanied by an extraordinary ministry of writing, producing more than fifty books. In *The Priest Is Not His Own*, Sheen presents the priesthood in the light of Christ's sacrifice. A priest does not belong to himself because he has been ordained both to offer Christ sacramentally and to offer his own life for the salvation of souls. In *Three to Get Married*, Sheen turns to the Christian vocation of marriage. He explains that marriage involves not merely a man and a woman, but God at the centre of their union. Husband, wife and God are drawn together so that three become one in a communion of faithful and sacrificial love. His writings remain valued because they unite theological depth with memorable images and practical spiritual wisdom.

Blessed Fulton Sheen also possesses a remarkable Welsh connection. When he resigned as Bishop of Rochester in 1969, Pope Paul VI appointed him titular Archbishop of Newport in Wales. This was an honorary title rather than responsibility for governing the local Church, but Sheen retained it until his death. During those final years he continued to write, preach and lead others towards Christ. Thus, one of America's greatest Catholic evangelists ended his earthly ministry bearing the title of a Welsh see, a happy connection between Blessed Fulton Sheen and the Catholic heritage of Newport and South Wales.

Guardian Angels

According to St. Thomas Aquinas, the angels are pure intellectual creatures, created by God in the fullness of their nature, without bodies, yet endowed with perfect knowledge and will. Each angel is unique, possessing its own complete species. Though invisible, they play an active role in the governance of the world, carrying out God's providence with perfect obedience and love. Devotion to our Guardian Angel should be tender and personal, a daily friendship grounded in gratitude. We can honour them by asking their help in temptation, their light in confusion, and their intercession at every hour. As we go about our lives, let us never forget that we walk in the quiet company of Heaven's watchful love.

Angel of God, my guardian dear, to whom God's love permits me here. Ever this day be at my side, to love and guard, to rule and guide. Amen.



This week I read *Three Feathers and a Silver Fern* by Roger G. K. Penn. This book explores one of international rugby's most celebrated relationships: that between Wales and New Zealand. The story naturally begins with the famous match of 1905.

The touring All Blacks arrived in Cardiff unbeaten, only to suffer a narrow 3-0 defeat. The occasion has passed into Welsh sporting folklore: the New Zealand haka was answered by a vast crowd singing "Hen Wlad Fy Nhadau", helping to establish the tradition of singing national anthems before international matches.

Penn also recalls the great Welsh victories of 1935 and 1953, together with the achievements of the Welsh clubs that defeated the All Blacks. Swansea became the first club side to accomplish the feat in 1935, while Cardiff, Newport and Llanelli later enjoyed victories of their own.

Yet the chief strength of the book lies away from the field. Penn describes the journeys undertaken by the New Zealand tourists and the welcome they received in Welsh towns, hotels, collieries and clubs. Places such as Tintern Abbey, Tenby, Porthcawl and the industrial valleys become part of the story as the tourists learned more about Welsh culture and history.

The book also contains a certain sadness for the Welsh reader. Wales have not defeated the All Blacks since 1953, and the later chapters inevitably recount a succession of disappointments. As New Zealand's dominance grows, the historic rivalry becomes increasingly unequal. Nevertheless, memorable tries, courageous performances and the continuing hope of an unexpected victory prevent the narrative from becoming entirely gloomy. Penn describes the famous "dive" of 1978 as another pivotal moment as Wales were so close to finally getting the victory.

If you want a detailed tactical analysis you may also find the emphasis upon personalities and social history unusual. Yet this is precisely what distinguishes the book: its purpose is to explain what the encounters meant, rather than merely what happened during the eighty minutes.

Aquinas Answers Modern Questions

Whether one ought to eat a food which is displeasing to them?

Objection: It would seem that a man ought not to eat that which he dislikes. For food is given for the refreshment of the body; but that which causes disgust does not refresh, but burdens.

Therefore, if parsnips are displeasing to a man, he ought to leave them upon the plate.

On the contrary: Augustine says that the just man is one who orders the lower appetites according to reason. But the appetite for pleasant food is lower than reason. Therefore, one ought not always to eat according to preference.

I answer that: food may be considered in two ways: first, according to its end, namely the nourishment of the body; secondly, according to the pleasure which accompanies eating.

As regards the first, a man is not obliged to eat every food placed before him, since the body may be sufficiently nourished by other things. Thus there is no sin, simply speaking, in leaving aside a parsnip.

Nevertheless, virtue is concerned not merely with what is lawful, but with the ordering of the appetites. Temperance teaches a man not to be ruled entirely by what pleases him. Hence, if the parsnips are wholesome, and no illness or other reasonable cause prevents him, it may be virtuous to eat some of them precisely because he does not particularly desire them.

Moreover, charity must be considered. If another has prepared the meal with generosity, excessive fussiness may cause needless offence. Thus courtesy may sometimes commend the eating of that which one would not have chosen for oneself.

Reply to Objection: Food refreshes principally through nourishment, not pleasure alone. Therefore displeasure does not make a food useless.





St. Alban's Rugby Report

Last weekend, both Senior Buns sides travelled up the valleys to take on a strong Abercynon side. This was the first match of the season for the home side, whereas St. Alban's were looking to capitalize on the momentum of winning their first match.

This was certainly the case as the Buns scored within the first three minutes. An unconverted try was the only score in the first twenty minutes. Both teams traded tries before Abercynon took the lead just before half time with the score 21-12.

The coaches must have given a fiery team talk as St. Alban's came out onto the field and scored four tries within ten minutes, only three were backed up with a conversion. Abercynon made sure they took a point from the fixture as they scored their fourth try of the match after making a few substitutions. St. Alban's increased their lead with another converted try making the game out of reach for the last ten minutes of the game. Abercynon scored a consolation try with the last play of the match. The final score was Abercynon 33-45 St. Alban's. This high scoring affair shows that the Buns are moving in the right direction by scoring the points but need to work on the defence.

On the next pitch the second XV played the table topping Abercynon seconds. The week previous, Abercynon put 39 points against Nelson, St. Alban's was hoping to avoid a similar fate. However, despite a valiant effort, the result was very similar: Abercynon won 38-19. I have been told that the referee was not always correct in the awarding of penalties, but when the opposition score eight tries it may be looking for excuses. The Second's have a week to cool off whereas the First's host Abercwmboi on Saturday. The opposition are right at the bottom of the table so will be looking to get their season going.

Month of the Most Holy Rosary

The month of October is traditionally dedicated to the Most Holy Rosary, one of the Church's most cherished devotions. Through the Rosary, we contemplate the mysteries of the life, death and Resurrection of Our Lord Jesus Christ in the company of his Blessed Mother. The Rosary draws us deeply into the Gospel and helps us to see Christ through the eyes of Mary.

The feast of Our Lady of the Rosary is celebrated on 7th October. It was established in thanksgiving for the Christian victory at the Battle of Lepanto in 1571, which was attributed to the intercession of Our Lady through the prayer of the Rosary. This feast reminds us that the Rosary is not a private devotion, but a powerful prayer for the needs of the Church and the whole world.

Our Lady herself has repeatedly encouraged the faithful to pray the Rosary. At Lourdes in 1858, she appeared to the young St Bernadette Soubirous holding a rosary. As Bernadette prayed, Our Lady gently accompanied her, passing the beads through her fingers and joining in the *Glory Be*. In this way, she helped Bernadette to pray slowly, attentively and with confidence. At Fatima in 1917, Our Lady appeared to the three shepherd children—Lucia, Francisco and Jacinta—and urged them to pray the Rosary every day for peace and for the conversion of sinners. The children were accustomed to shortening the prayers so that they could finish more quickly, but Our Lady taught them to pray properly and with greater devotion. Her words remind us that the Rosary should not be rushed or treated merely as a duty. It is a loving meditation upon the life of Christ, prayed in the company of his Mother. Like Bernadette and the children of Fatima, we should allow Our Lady to teach us how to pray.

During October, we are encouraged to take up our rosaries with renewed devotion. We might pray individually, as a family or together as a parish. As we repeat the words of the Hail Mary, may Our Lady lead us ever closer to her Son.





School News



The children helped run a Coffee Morning raising awareness for MacMillan Cancer Support. The children from the various years served various cakes and delicious treats to those who attended.



Whilst learning about healthy and unhealthy relationships, our Year 5 learners explored examples of each through role play. We are recognising how to support and respect each other.



A selection of artwork created by Year 4 pupils as entries for the Adoremus art competition. This year the Eucharistic Congress is in London. The children were asked to create artwork on the themes of the Blessed Sacrament, presence of Jesus and the beauty of Cathedrals.



This week, Y3 have been practising and developing a variety of skills including:

- * collaborative working
- * group discussion
- * breathing and relaxation for self-regulation
- * and presenting to the class.



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: £123.05

Gift Aid: £239.00

Restoration Fund Giving

Loose Collection: £161.25

Gift Aid: £282.00

5p Boxes: £6.70

Bake Sale: £210.00

Total: £1,021.99

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

Fr. Sebastian M.



Vigil Lamps for 26th Week of the Year

- **Blessed Sacrament:** Chl  e Thomas, Int
- **Sacred Heart:** Judge Patrick Curran, QC, RIP
- **Divine Mercy Chapel:** Glowacki & Szczech Families
 - **The Lady Chapel:** Teresa Jonker, RIP
 - **Chantry of Our Lady:** Jackson Family, Int
 - **Our Lady of Pity:** Ewa Glowacki, RIP
 - **St Joseph:** Mo George, RIP
 - **Our Lady of Walsingham:** David Woolf, and the Order of St. Lazarus



REPOSITORY AT ST. ALBAN'S

Statues
Rosaries
Crucifixes
Holy Water Stoops and
Bottles
Holy Cards

*Open after every Sunday Mass
and available upon request*

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 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. Tickets are £10.

November All Saints day Party

1st November

12:00-14:00

After the 11:15 Mass there will be a bring and share where children are encouraged to dress up as their favourite saint to celebrate All Hallows day.

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. Tickets are £10.

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. Tickets are £3. Over 18's only.

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.