

Coloma Catholic Life.

Liturgical Year

15th week of Ordinary time – liturgical colour - green

Pope Francis' Prayer Intention for July

Our Families

We pray that families maybe accompanied with love, respect and guidance.

Video link: <https://www.vaticannews.va/en/pope/news/2020-07/pope-francis-prayer-video-message.html>

Pope Francis Tweet

"The Gospel of the day recalls that the Word of God is a fruitful and effective seed that God scatters generously everywhere. If we want, we can become good soil, ploughed and carefully cultivated, to help ripen the seed of the Word. Making it fruitful depends on us."

Sea Sunday

Sea Sunday is the day which many Christian Churches set aside to remember and pray for seafarers and their families and give thanks for their lives and work. It is officially held on the second Sunday in July. During Sea Sunday, charities such as the Apostleship of the Sea, The Mission to Seafarers and the Sailors' Society as well as non-denominational groups such as Sea Cadets conduct fundraisers, hold parades, and run awareness campaigns about life at sea.

In the Catholic Church, Sea Sunday is supported by the Apostleship of the Sea. A second collection is taken as a retiring collection at the end of the Sea Sunday Mass, with all funds raised going to the Apostleship of the Sea to support its work. It is a day of remembrance, prayer and celebration, and an opportunity to think about and thank those seafarers who work tirelessly throughout the year bringing us goods we often take for granted.



Apostleship of the Sea

Supporting Seafarers Worldwide

The Apostleship of the Sea serves seafarers from across the world, regardless of belief, nationality or race. In all the main ports in Great Britain our team of chaplains

and volunteer ship visitors visit thousands of seafarers each year, meeting their needs through the provision of help, support and advice. Apostleship of the Sea has 230 chaplains in over 300 ports across 41 countries worldwide supporting seafarers. For more, very

interesting information go to <https://www.apostleshipofthesea.org.uk/> where you can also find an interactive map showing where the teams and chaplains work and much more information.

The Dominican Sisters of St Joseph



We first meet the Dominican Sisters of St Joseph four years ago. It was suggested by Frances, a Year 12 student, that we should invite the sisters to visit Coloma and speak to the Sixth Form. She attended a Youth Service and heard the sisters speak and thought them to be highly charismatic, fun and not like 'normal nuns'!

On 26th October 2016 two sisters, Sr Mary Catherine and Sr Mary Benedicta made the long journey from Lymington, Hampshire to speak to Years 12 & 13 during their General RS lesson. Since then we have developed a

warm friendship, with sisters from the order visiting us every year, giving of their time, enthusiasm and humour to talk about living a committed religious life and answering a whole host of questions from 'when did you first know you had a calling?' to 'what time do you go to bed?' This later extended to include Year 10, who study vocation and the religious life, as part of their GCSE Religious studies examination.

This year, with the school closed to all but keyworker or vulnerable children and the community also shielding, they could not come. Instead, the sisters willingly and happily, agreed to make a video answering the questions posed by the Year 10 girls through Google Classroom. The results can be found here:

Part 1 Vocation & Discernment <https://www.youtube.com/watch?v=KEUJQ5Syxiw>'

Part 2 Living the Life <https://www.youtube.com/watch?v=68iTUWGxsaA>

Part 3 Daily Life, Family, Faith <https://www.youtube.com/watch?v=RgiJN3yQNuk>

They also made The Metro on 21st May 2020 in an article about life at the convent during lockdown. It is very insightful and amusing and can be found at <https://metro.co.uk/2020/05/21/nuns-reveal-what-life-has-like-convent-coronavirus-prayers-via-youtube-face-shields-wimples-jigsaw-puzzling-12729893/>

The congregation of the Dominican Sisters of St Joseph contributes to the mission of the Order of Preachers by preaching and teaching the Catholic Faith, in communion with and under the supervision of the hierarchy of the Catholic Church. The sisters' apostolate of explicit proclamation of the Gospel flows from a common life of prayer, study and monastic observances, centred on the liturgical celebration of the mystery of Christ.

The End of the School Year

When we began the school year in September 2019 no-one could have envisaged how the year would develop. Now we are at the end of the year, not having been physically in

school for four months, teaching and learning remotely, the effects of Coronavirus on individuals and society; all have had a major, significant and, potentially, long lasting impact on everyone. It is easy to focus on the negatives, the things we have not been able to do, the people or places we have not visited.



However, there is always light after the dark. There are very many positives to come out from the last four months – a greater appreciation of what we have, the sound and beauty of nature, having time to stop, to think, to reflect, to slow down, to speak to neighbours not previously known, to understand that everyone has gifts and talents that they humbly and willingly give to others, with no thought of getting anything in return; they do it because they want to and

it's the right thing to do.

As the year school year closes, let us take time to accept the negatives, but to reflect upon and truly appreciate the positives and to be strengthened by them.

Saints of the Week

St Bonaventure - 15th July



St. Bonaventure, known as "the seraphic doctor," was born at Bagnoregio, in the Lazio region of central Italy, in 1221. He received the name of Bonaventure in consequence of an exclamation of St. Francis of Assisi, when, in response to the pleading of the child's mother, the saint prayed for John's recovery from a dangerous illness, and, foreseeing the future greatness of the little John, cried out "O Buona ventura"-O good fortune!

He became a Franciscan in 1243 and studied philosophy and theology at the University of Paris. He became a famous teacher and philosopher, part of the extraordinary intellectual flowering of the 13th century. He was a friend and colleague of St Thomas Aquinas. At this time the friars were still a new and revolutionary force in the Church, and their radical embracing of poverty and rejection of institutional structures raised suspicion and opposition from many quarters. Bonaventure defended the Franciscan Order and, after he was elected general of the order in 1255, he ruled it with wisdom and prudence. He is regarded as the second founder of the Order.

He declined the archbishopric of York in 1265 but was made cardinal bishop of Albano in 1273, dying a year later in 1274 at the Council of Lyons, at which the Greek and Latin churches were (briefly) reconciled. Bonaventure wrote extensively on philosophy and theology, making a permanent mark on intellectual history; but he always insisted that the simple and uneducated could have a clearer knowledge of God than the wise. He was declared a Doctor of the Church in 1588 by Pope Sixtus V.

St Swithun - 15th July

Little is known of St Swithun's life. Born in Wessex, his name is sometimes spelled 'Swithin'. He died on 2 July 862, though the Anglo-Saxon Chronicle says 861. He left orders that his body was not to be buried within the church but outside in a "vile and unworthy place".

Egbert, King of Wessex, chose Swithun as his chaplain and entrusted to him the education of his son Æthelwulf, who succeeded to the throne in 839. Æthelwulf appointed Swithun Bishop of Winchester in 852 and during the ten years of his episcopate he became famous for his charitable gifts and for his activity in the building of churches. He is reputed to have accompanied King Alfred to Rome in 856.



His body was moved from its almost unknown grave into the Old Minster at Winchester on 15 July 971, and this day became his feast-day. His transferral was preceded and followed by numerous miracles. His body was probably later split between a number of smaller shrines. His head was certainly detached and taken to Canterbury Cathedral, while one of his arms found a resting place in Peterborough Abbey. His main shrine was transferred to the present (then new) Norman cathedral of Winchester in 1093. His remains were installed on a 'feretory platform' above and behind the high altar (the feretory chapel still exists). His shrine became a great focus for pilgrims, and the cathedral's retrochoir was built in the early 13th century to accommodate the large numbers of people wishing to visit his shrine and enter the 'holy hole' beneath him. His shrine was moved into the retrochoir in 1476. It was demolished in 1538 during the 'English Reformation', and a modern representation was placed on the site by the Dean and Chapter in 1962.

Our Lady of Mount Carmel - 16th July



The feast of Our Lady of Mount Carmel was first instituted in the late 14th century in commemoration of the approval of the rule of the Carmelite Order a hundred years earlier. According to legend, a religious community was established even before the time of Christ on Mount Carmel. This is the mountain overlooking the Mediterranean Sea on which the prophet Elijah successfully challenged the priests of Baal and won the people to the true God. The feast of Our Lady of Mount Carmel entered the Calendar of the universal Church in the early 18th century.

Although there is no historical evidence for the pre-Christian Carmelite community, references in the 12th century record a community of monks on the holy mountain. Despite continual difficulties, the community built a monastery and church dedicated to the Virgin Mary on Mount Carmel in 1263. Saint Louis, King of France, had visited Mount Carmel in 1254, and brought back six French hermits for whom he built a convent near Paris.



Mount Carmel was taken by the Muslims in 1291, and the brothers were killed and the convent burned. The spread of the Carmelites in Europe is largely attributable to the work of Saint Simon Stock (1247-1265). The Carmelite Order was formally approved in 1274 at the Council of Lyon.

The Scapular of Our Lady of Mount Carmel

The brown Scapular of Our Lady of Mount Carmel, according to the Carmelite tradition, was presented by Our Lady to St. Simon Stock, the then Father General on July 16, 1251. Our Lady gave St. Simon a scapular for the Carmelites with the following promise, saying : "Receive, My beloved son, this habit of thy order: this shall be to thee and to all Carmelites a privilege, that whosoever dies clothed in this shall never suffer eternal fire It shall be a sign of salvation, a protection in danger, and a pledge of peace."

Another important aspect of wearing the Scapular is the Sabbatine Privilege. This concerns a promise made by Our Lady to Pope John XXII. In a papal letter he issued, he recounted a vision that he had had. He stated that the Blessed Virgin had said to him in this vision, concerning those who wear the Brown Scapular: "I, the Mother of Grace, shall descend on the Saturday after their death and whomsoever I shall find in Purgatory, I shall free, so that I may lead them to the holy mountain of life everlasting."

Many popes and saints have strongly recommended wearing the Brown Scapular to the Catholic Faithful. Pope Pius XII said: "The Scapular is a practice of piety which by its very simplicity is suited to everyone, and has spread widely among the faithful of Christ to their spiritual profit." In our own times, Pope Paul VI said: "Let the faithful hold in high esteem the practices and devotions to the Blessed Virgin ... the Rosary and the Scapular of Carmel" and in another place referred to the Scapular as: "so highly recommended by our illustrious predecessors."

According to Church tradition, there are three conditions necessary to participate in this Privilege and share in the other spiritual benefits of the Scapular: wear the Brown Scapular, observe chastity according to your state in life, and pray the Rosary. In addition to the Sabbatine Privilege, enrolment in the Brown Scapular also makes a person part of the Carmelite family throughout the world. They therefore share in all of the prayers and good works of the Carmelite Orders.

In order to receive the spiritual blessings associated with the Scapular, it is necessary to be formally enrolled in the Brown Scapular. The enrolment is made only once by a priest or authorized person. The Scapular can be replaced afterwards by a medal, which has on one side the image of the Sacred Heart of Jesus and on the other, the image of Mary.

The scapular stands for:

- A commitment to follow Jesus, like Mary, the perfect model of all the disciples of Christ. This commitment finds its origin in baptism.
- It leads into the community of Carmel, a community of religious men and women, which has existed in the Church for over eight centuries.

- It reminds of the example of the saints of Carmel, with whom it establishes a close bond as brothers and sisters.

- It is an expression of the belief that the bearers of the scapular will meet God in eternal life, aided by the intercession and prayers of Mary.

For the Carmelites the scapular is a sign which stands for the decision to

- Follow Jesus like Mary:
- Be open to God and to his will.
- Be guided by faith, hope, and love.
- To pray at all times
- To discover God present in all that happens around us.



As this school year closes ...

A decorative green border surrounds a central white area. On the left side of this area is a vertical, ornate floral illustration in shades of green, featuring symmetrical scrollwork and leaves.

MAY THE ROAD
rise up to meet you.
MAY THE WIND
be always at your back.
MAY THE SUN
shine warm upon your face;
MAY THE RAINS
fall soft upon your fields,
and until we meet again
MAY GOD HOLD YOU
in the palm of His hand.

TRADITIONAL GAELIC BLESSING 