

SUNDAY MASS

ENTRANCE ANTIPHON:

If you, O Lord, should mark iniquities, Lord, who could stand? But with you is found forgiveness, O God of Israel.

FIRST READING: Isaiah 25:6-10.

RESPONSORIAL PSALM: Psalm 23.

RESPONSE:

In the Lord's own house shall I dwell for length of days unending.

1. The Lord is my shepherd;
there is nothing I shall want.
Fresh and green are the pastures
where he gives me repose.
Near restful waters he leads me;
he revives my soul. *R*
2. He guides me along the right path,
for the sake of his name.
Though I should walk in the valley
of the shadow of death,
no evil would I fear, for you are with me.
Your crook and your staff will give me comfort. *R*
3. You have prepared a table before me
in the sight of my foes.
My head you have anointed with oil;
my cup is overflowing. *R*
4. Surely goodness and mercy shall follow me
all the days of my life.
In the Lord's own house shall I dwell
for length of days unending. *R*

SECOND READING: Philippians 4:12-14, 19-20.

GOSPEL ACCLAMATION:

Alleluia, alleluia! May the Father of our Lord Jesus Christ enlighten the eyes of our hearts that we might know what is the hope to which he has called us. Alleluia.

GOSPEL: Matthew 22:1-14.

COMMUNION ANTIPHON:

The rich suffer want and go hungry, but those who seek the Lord lack no blessing.

Just as he encountered Mary Magdalene with the question, "Why are you weeping?", Jesus continues to come to those who mourn the death of loved ones.

A new and revised version of the very popular first edition, this book is offered in the hope that it will bring readers who are grappling with questions of faith and feelings of loss, into contact with the compassion of Jesus. **R80 plus delivery**



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THE WEEK AHEAD

Live the Word

Mon 12 Oct Liturgy of the Day

Galatians 4:22-24, 26-27, 31-5:1; Psalm 113; Luke 11:29-32
Our lives, Scripture tells us, should not consist of a race to accumulate possessions. Let us literally count our blessings, and as a result of our gratitude, reach out to bless others as well.

Tue 13 Oct Liturgy of the Day

Galatians 5:1-6; Psalm 119; Luke 11:37-41
Be persistent in seeking what is right, in seeking justice; be persistent in prayer, constantly seeking God's guidance; and be persistent in sustaining your faith, through good times and bad.

Wed 14 Oct (St Callistus I, PM)

Galatians 5:18-25; Psalm 1; Luke 11:42-46
Callistus was martyred during a local disturbance in Trastevere, Rome, and is the first pope – except for Peter – to be commemorated as a martyr in the earliest martyrology of the Church.

Thu 15 Oct St Teresa of Ávila, VD

Ephesians 1:1-10; Psalm 98; Luke 11:47-54
"Let nothing disturb you, let nothing frighten you, all things are passing away. God never changes. Patience obtains all things. Whoever has God lacks nothing; God alone suffices." – St Teresa of Ávila

Fri 16 Oct (St Margaret Mary Alacoque, V)

Ephesians 1:11-14; Psalm 33; Luke 12:1-7
"Let nothing trouble you, not even your faults... amend them peacefully, without being discouraged or cast down, for God's dwelling is in peace." – St Margaret Mary Alacoque

Sat 17 Oct St Ignatius of Antioch, BM

Ephesians 1:15-23; Psalm 8:2-7; Luke 12:8-12
"Do not have Jesus Christ on your lips, and the world in your heart. Do everything as if He were dwelling in us. Thus we shall be His temples and He will be within us as our God – as He actually is." – St Ignatius

Sun 18 Oct 29TH SUNDAY IN ORDINARY TIME

Isaiah 45:1, 4-6; Psalm 96; Matthew 22:15-21
"Don't ask what the world needs. Ask what makes you come alive and go do that, because what the world needs is more people who have come alive." – Howard Thurman

KEY: **SOLEMNITY**; **FEAST**; **Memorial**; (Optional **Memorial**)
P=Pope; M=Martyr; V=Virgin; D=Doctor; B=Bishop

Catholic Link

SCHOOLS OF THOUGHT AND WATCHFUL FAITH

28th Sunday in Ordinary Time • Year A
Divine Office: Week IV • 11 October 2026

Engaging with the New Atheism

Some schools of thought seem to spring up overnight, flare for a while, then fade away. In the mid to late 20th Century, several "public intellectuals" galvanized the reading public with literature which marked a subtle distinction between classical atheism (*not believing* that God exists) to a new atheism (*believing* that God does *not* exist). This "New Atheism" was characterized from the beginning by its intemperate and often offensive language about God and believers.

Less than a reputable school of thought and more like a new fad, it relied heavily on emotion, often using disdainful and condescending phrases. Such was their hatred of religion and faith in God, that fundamentalist new atheists called for the abolition of religion as an affront to free thought.

We need to distinguish between "soft" and "hard" atheism. "Soft" atheism is rational, tolerant, and respectful; "hard" atheism is fanatical, polemical, and even scurrilous at times.

New Atheism pours its energy into debates about religion being behind all violence and war, about religion lacking reason, and religion losing its "war" with science. Because science is limited to the physical, observable, and verifiable, it obviously does not concern itself with matters of the spirit. Science proceeds by speculative explorations, testing various possibilities with a leaning to the most elegant theory which it then seeks to prove. It is forever being refined, readjusted or even being changed.

What of religion? Merely belonging to a religion is no guarantee against failing to live up to the ideals of that religion. But the stories of witnesses to faith in Christ and his Gospel,

especially their examples of torture and martyrdom, fill libraries. Throughout history, the Church in her members has often fallen short of the ideal. Think of the medieval condoning of violence and justification of slavery. But to claim that religion *as such* is evil sounds more like fanaticism. Remember the evil of state-sponsored violence against religion in Russia, East Germany, Albania and other countries during the past century.

One of the difficulties in dealing with fanaticism (religious or otherwise) is the failure to define words. What is meant by words like God, religion, reason, human flourishing? Often the concepts atheists have of "God" or "faith" are light years away from what religious people really do believe. Then we also find believers slandered through uninformed misinterpretations of words we use, for

example, "meaning of life" or "gospel values" or the obvious phrase, "love of neighbour."

When Pope Benedict XVI visited the United Kingdom in 2010, he took as his visit's motto Cardinal Newman's phrase, "Heart speaks to Heart". Addressing parliamentarians in Westminster Hall, he said: "The world of secularism and the world of religious belief need one another and should not be afraid to enter into a profound and ongoing dialogue for the good of our civilization". Saying this, he went on to praise the example of St Thomas More, especially his fidelity to his conscience and the moral imperative of acting in accordance with objective truth born of both faith and reason, even at great personal cost. Thomas More followed his namesake, Thomas Aquinas, whose watchful faith was based on the conviction that truth is indivisible. Thomas More died a martyr for conscience.



Photo by Ian Norman on Wikimedia Commons

28th Sunday of the Year A
10th / 11th October 2026

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Child Safeguarding: Julie Junor
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Office Hours: Weekdays 08h30-13h00



Date		Intentions	
Saturday 10th	17h30	28th Sunday of the Year	Mary Bond RIP
Sunday 11th	09h00	28th Sunday of the Year	Tessie Farrugia RIP
	17h30	28th Sunday of the Year	Missa pro Populo
Monday 12th		Private Mass	Mortuary List
Tuesday 13th	18h30	Mass of the Day	Ursula Keanly RIP
Wednesday 14th	08h00	Mass of the Day	Special Intention
Thursday 15th	09h00	St Teresa of Ávila	Private Intention
	18h30	Benediction & Adoration	
Friday 16th	09h00	Mass of the Day	Angelina Martins RIP
Daily	18h00	Prayer & Rosary on Zoom	http://bit.ly/ConstantiaZoom
CONFESSION		Saturdays 16h45-17h15	Or by Appointment

Prayer Intentions: For all in need of our prayers and their families:

Peter Becker, Fr Declan O'Doherty, John Robertson, Lindy Henry, Sheila Cheminais, Taryn Boden, Nel Vorstenbos, Chris Vorstenbos, Jaqueline Cole, Alyson Riches, William de Villers, Dr Ron Mallett, Brenda Robb, Beulah Williams, Wayne Golding, Connor Young, Simon Young, Cecco Giovannini, Derek Kudsee.

MARRIAGE BLESSING

We invite all married couples to please join us
this weekend for a

Marriage Blessing.

**Date: All weekend Masses
10 & 11 October, 2026**

HOLY HOUR

**Thursday 15th October
18h30: Benediction & Adoration
of the Blessed Sacrament**

THE GARDEN OF REMEMBRANCE PROJECT is progressing well, and plans are being finalised to go out to tender for construction quotes. Work is expected to begin in January, avoiding disruption over the Christmas holidays.

We are nearing our fundraising target of R500,000. Every contribution helps, and we are grateful for your continued support. Please EFT to the Parish account, ref: GOR + Your Name.

PARISH JUBILEE PROJECTS: As we look ahead to our Jubilee, we invite everyone to start thinking of interesting, creative and meaningful projects that could benefit our parish community. The Garden of Remembrance is one of our Jubilee projects, and any funds remaining after its completion will go towards the Jubilee Fund. In the coming weeks, we will invite your suggestions through a Google Form, email and a suggestion box. Please start thinking about what we could do together to make our Jubilee special!

Second Collection

MISSION SUNDAY - 17/18 Oct

Next Sunday we celebrate World Mission Sunday, with this year's theme, "One in Christ, United in Mission." Our prayers and donations support the Church's missionary work worldwide, including here in South Africa, helping to spread the Gospel, strengthen faith and bring hope.

Please find envelopes at the back of the church, or EFT your donation to the Parish account, ref: MISSION SUNDAY. Thank you for your generous support.

LAY COUNSELLING is available for any parishioners in need. Please contact the office for further information.

LIVING THEOLOGY 2026

"Our Father? The Shadow of Father"

A three-evening series exploring fatherhood, our image of God, and pathways to healing and reconciliation.

27-29 October

**St Michael's Parish, Rondebosch
See the notice board for full details**

RACHEL'S VINEYARD

HEALING RETREAT

A confidential weekend of healing and hope for anyone affected by abortion.

30 October-1 November 2026,

Cape Town.

Contact Angie: 082 852 1284.

LIVESTREAM:

FRIDAY 9:00 am MASS

Our Friday 9:00 am Mass will be livestreamed on the Parish YouTube channel. Join us here:

<https://www.youtube.com/@maryconstantia2029>

Up-coming dates/events ...

Wed 14 Oct – Sagra Meeting

Thu 15 Oct – Benediction & Adoration

Sat 17 Oct – Proclaimers Meeting

Sat 24 Oct – Proclaimers Meeting

Sat 31 Oct – First Confession

Sun 08 Nov – First Holy Communion

JUNIOR CATECHISM Gr1-Gr7

**Term 4 Starts this Sunday 11 October.
Welcome back!**

PROCLAIMERS' MEETING/TRAINING

Due to the large number of participants in this group, there will be two sessions:

**Saturday 17 October and
Saturday 24 October
from 10am to 12 noon.**

SUNDAY TEA

Sincere thanks to Tessa Middleton, Mel and Luke Holderness and Michelle Adriaanse for hosting last Sunday's Parish Tea, and to everyone who contributed and joined us.

Our next Parish Tea will be on **Sunday, 01 November**, after the 9:00am Mass.

ST CLARE'S MOVIE CLUB

Join us on Tuesday, 17 November, for **Brother Sun, Sister Moon**, directed by Franco Zeffirelli. This beautifully filmed story follows St Francis of Assisi as he discovers a life of faith, simplicity and love for God's creation. Arrive at 1.30pm for a 2pm start.

REFLECTION: 28th Sunday of the Year

God constantly invites us to join Him at His 'heavenly banquet' on earth. But do we ever take Him for granted or even fail to realize that to share a meal is to accept a commitment to the person whose guest we are?

Richard.

To be a welcoming and missionary parish, spreading God's love.

Guided by the Holy Spirit, inspired by Mary's loving example, and rooted in the Eucharist, we worship and serve God with joy, journey together in faith, welcome all with compassion, and carry Christ's presence into our community and beyond.