

Holy Cross Catholic Church

Fr Antony Megalan Sellam
Parish Priest
antonymegalan@rcaos.org.uk
02086983672
www.holycross-catford.org.uk

208 Sangley Road SE6 2JS
www.holycross-catford.org.uk



6th Sunday in Ordinary Time (Year B)
10/11 Feb 2024



Dear Parishioner,

This is the last Sunday in Ordinary Time before the Season of Lent. This coming Wednesday is Ash Wednesday, a Season of blessing to taste and cherish God's closeness and love through prayer, fasting and doing charitable works.

In this Season, we are also starting the Catechesis in our parish newsletter. Every week we will see a summary and reflection of the Catechism of the Catholic Church [CCC] from the beginning. A catechism is a text which contains the fundamental Christian truths formulated in a way that facilitates their understanding. It conveys the essential teachings of the Catholic Church in a summary. Please note that the Catechism is not a "how-to" manual or a list of laws/rules but it helps us to know God better, deepen our faith and lead us to life in its abundance.

The Catechism of the Catholic Church is intended as the "standard" or basis for all other catechisms. It is a point of reference to Sacred Scripture, the Church Fathers, Popes, Church documents, and the writings of the Saints. Please click or google the following link to access the CCC online: http://www.vatican.va/archive/ENG0015/_INDEX.HTM

The CCC has four parts: The Profession of Faith, the Celebration of the Christian Mystery, Life in Christ and Christian Prayer.

Next week we will begin from the first part: The Profession of Faith, I believe... an in-depth analysis of the Nicene Creed, and then we will learn and reflect on the Revelation of God and man's response, the Holy Trinity, the Incarnation, passion, death, and resurrection of Jesus Christ [The four marks of the Church].

I encourage families to read and reflect regularly. In order to encourage everyone to do this, quiz competitions will be conducted with attractive prizes.

Sunday Catechises: We are going to start various catechetical programmes in our parish on Sundays from March this year. Every first and third Sundays will be the time of learning about the Bible and Catholic teachings through Sunday Bible Classes from 10am to 11am. Second Sundays will be dedicated to Basic Christian Communities. Groups of people [families or groups based on shared languages or nationalities] will gather, pray and cherish their fellowship after any weekend Mass. Every fourth Sunday will be for Youth Groups, Children's choir, Legion of Mary and so on.

Many thanks for those people who came forward for this mission. I need more people to come forward to support this mission and I would like to call them Sunday Apostles. They need not be highly qualified and talented. They need to give their time on Sundays from 10am to 11am to plan and execute catechetical programmes. Kindly give me your names and I will give you all the training needed for this great mission. May your dedication bear fruit and through your commitments many may encounter Jesus Christ in their life.

The Season of Lent

The History and Meaning of Lent

In the first three centuries of the Christian era, most Christians prepared for Easter by fasting and praying for three days. By the fourth century (when Christianity was legalised in the Roman Empire) Lent had developed into its current length of forty days which is significant for Christians because it is the length of the fast and temptation of Jesus in the desert.

Fasting and Repentance During Lent

Once Christianity became widespread and most people were baptised as infants, Lent lost the connection to the preparation of catechumens. Instead, the themes of repentance and fasting became dominant. Vatican II restored the order of catechumens. Since then, most adult converts to Catholicism are baptised at the Easter Vigil, which takes place after sundown on Holy Saturday. As a result, the ancient baptismal meaning of Lent is once again becoming important.

Ash Wednesday

Ash Wednesday dates from at least the fourth century, although it is not possible to give an exact date. During that century, penitents looking for forgiveness and re-entry into the community would dress in sackcloth and sprinkle ashes to show their repentance. This custom certainly predates Christianity as can be seen by references in the Hebrew Scriptures. On this day of grace we shall have an additional Mass in the evening at 7pm. In both Masses, Ashes are distributed.

Abstinence

During Lent the Christian faithful are to do penance through prayer, fasting, abstinence and by exercising works of piety and charity. All Fridays through the year, and especially during Lent, are penitential days.

Abstinence refers to refraining from something that is good and enjoyable, as a form of spiritual discipline and sacrifice. For us, Catholics, the most common form of abstinence is giving up **meat** on Fridays throughout Lent, including Ash Wednesday and Good Friday. This tradition dates back to the early Church and symbolizes both Jesus' sacrifice on the cross and the denial of earthly pleasures as a focus on spiritual growth.

Stations of the Cross: Every year, different teams of people conduct the Stations of the Cross during the season of Lent. This year, I encourage various communities to participate in this service. I am confident that their involvement will enrich our prayer experience with diverse cultural perspectives. Please see here an initial rota and please then reach out to me if there are any changes required. **We pray the Stations of the Cross every Friday after the 7pm Mass.**

Stations of the Cross

I.	English & Irish Community
II.	Nigerian Community
III.	Indian & Sri Lankan Community
IV.	Open for any team to come forward
V.	Filipino Community
VI.	Ivorian and French Speaking Community
VII.	Good Friday – Fr Antony

Fr Antony

Blue Missal Book ... page 713

I confess... : page 453 Gloria: page 455
Creed(s): pages 458 - 459 Our Father...485



The Funeral Mass of
Mary Emmanus

will take place on Thursday 15 Feb 2024
 at 11.30am, in Holy Cross church.

Please keep her family and friends in your prayers.

Third Thursday Time is a mental health space hosting relaxing activities with the opportunity to socialise with new people. Come and join us in Hartley Hall for our next session on **15th February from 6-8pm** for massage, exercise, this month dance, and other social activities.

Message from Lesley Allen - Saturday 17th February, 11:00am-2:30pm at St Laurence Church Halls. £5 cost includes: Interactive entertainment by Kate Middleton, Combat the Winter Blues with Give-a-Song, Fish and Chips Lunch and Cakes

Annual ecumenical service for the world day of prayer

To be hosted at Brownhill Rd, Baptist church on Friday 1st March at 11:00am followed by tea and coffee. This year, poignantly, the service has been prepared by the women of Palestine. **All are welcome.**

Results of Parish Consultation:

We have made some decisions on changes to the timing of our weekday Masses.

1. Move weekday masses on Bank Holidays, Christmas and Easter weeks to 10am.
2. Leave weekday Masses throughout term times, including Half-Terms at the current 9:15am

The new timings will be implemented starting March 2024. Many thanks for sharing your suggestions/objections. We always respect the views of our parishioners.

Prayer Time at Holy Cross

Holy Mass: Mon to Thurs - 9.15am; Fri - 7pm; Sat - 6.30pm; Sun - 9am & 11.30am
Rosary - Mon, Tue, Thu @ 9.45am;
Divine Mercy Chaplet - Wed @ 9.45am and Fri 7.30pm
Adoration of the Blessed Sacrament & Confessions: Fri 6.00pm

Night Prayer at 9pm [Zoom]

Meeting ID: 7578777461;
 Passcode: 20212021

Dates to Remember:

- **St. Joseph's Council** meeting on Wednesday, March 13th, at 7:00pm in the priest's house
- **St. Paul's Council** meeting on Tuesday May 7th, at 7:00pm in Hartley Hall. This meeting is especially relevant for everyone involved in our catechetical programs, but anyone is warmly welcome to attend.



ST MARY'S COUNCIL MEETING

As we approach the Season of Lent, we are holding our St Mary's Council meeting next Monday, February 12th, at 7:00 PM in the priest's house.

We warmly welcome any interested parishioners to join us, not just our Council members. Let's come together to make this Lent a blessed and prayerful season. For those unable to attend in person, please feel free to share your thoughts and ideas with me, Pat Barber, or Nick Wibberley.

New Here? Welcome, friend, to Holy Cross! Open your hearts to God's love, warm as sunlight through stained glass. Find fellowship in smiles and open arms, a community woven with faith and friendship. Come grow with us, cherish each other, and discover the joy of belonging. **This is your parish**, a haven of grace, waiting to embrace you. Peace be with you!

HOLY CROSS ONLINE NEWSLETTER

Stay informed about the happenings in our parish with our weekly Parish newsletter delivered via email or available online. No matter where you are, you can keep up-to-date with the latest news and events. Please scan this QR code and you will be directed to subscribe to our parish email database.

Your email address will be kept anonymous.



MASS TIMES & INTENTIONS Sat 10th - Fri 16th Feb 2024

SAT	6:30pm	<i>Saint Scholastica, Virgin</i> Tim Fowler R.I.P.
SUN	9:00am 11:30am	Thierry Christian-Gnanakumar R.I.P. Brendan and Tom Kilcoyne R.I.P.
MON	9:15am	Tom Kilcoyne R.I.P.
TUE	9:15am	William Benzynie R.I.P.
WED	9:15am 7:00pm	<i>Ash Wednesday</i> Tony Green R.I.P. People of the Parish
THU	9:15am	Rachael Pereira Wibberley - Wellbeing
FRI	6:00pm 7:00pm	<i>Confessions and Adoration of the Blessed Sacrament</i> Marian O'Brien and Family - Wellbeing

Money Matters - THANK YOU

Last week: £577

2nd Collection next week for Clergy Support Fund

Please Pray for the Sick: Mary Rand, Pat Doyle, Albert Young, Graham Canelle, Sherine Sukhram, Vivianne Owens, Norma Jones, Myra Hannon, Lydia Joseph, Colin Maton, Melanie Thomas, Katie Bourner, Martin Flatley, Florence Nosegbe, Ivor Lewis, Susan Murphy, Eileen Embury, Kitty Wilkinson, Theresa Butler, Ann Whittington, Elfrida Wacholz, Jill Campbell, Elaine Williams, Joe Green, Abosede Titi Balogun, Trish Keaveney, Jo Rocca Smith, Leonie Nwawudu, Rachael Pereira Wibberley, Elizabeth Goba, Aboa Claudine and Meesh Gemmill.

ADMITTED TO HOSPITAL? - Contact Lewisham Hospital Catholic Chaplain directly on 07436051067. In an emergency, please say to the staff that you would like to see a Catholic priest.

One Person One Mission: Participation is vital for a vibrant parish. In our liturgies and parish administration we try our best to find more people to undertake different missions. Some are very talented and they can and may want to do many things in the life of the church. That is good.

We appreciate their good will. However, it is a better practice that we share our responsibilities with others too, making them feel part of our spiritual community.

If you notice someone taking on multiple roles during our liturgies, it means we were unable to find another person to fulfil that role. Please feel free to reach out to that individual or contact Fr. Antony after Mass if you would like to offer your assistance.

MEET FR. ANTONY ON FRIDAYS FROM 3PM

For school references, Baptism applications, or to arrange the celebration of your Marriage, please visit the presbytery on Fridays starting at 3 pm.

PARISH CONTACTS

Office: 020 8698 3672 (Tues & Thur from 10:00am)

Joseph Flahive: catford@rcaos.org.uk

Lisa O'Hara: catfordsupport@rcaos.org.uk

Holy Cross School: [Mary Collins: 020 8698 2675]

Holy Cross Book Shop: 020 3441 8240

Safeguarding: Pat Barber & Lisa O'Hara 07598 524024