

# HOLY CROSS CATHOLIC CHURCH

Fr Antony Megalan Sellam  
[Parish Priest]  
020 8698 3672



[catford@rcaos.org.uk](mailto:catford@rcaos.org.uk)  
[antonymegalan@rcaos.org.uk](mailto:antonymegalan@rcaos.org.uk)  
[www.holycross-catford.org.uk](http://www.holycross-catford.org.uk)

## 16th Sunday in Ordinary Time 19 July 2020

Dear Parishioner,

I hope this newsletter finds you in good spirit.

Now that we have started offering the Holy Masses at Holy Cross, I am very glad to see many of you after such a long break. It gives me great pleasure to offer the holy sacrifice in front of a congregation rather than in a church with only a camera to talk to.

In all these Masses we thank and praise God for His protection and care that we cherished throughout the difficult period of the pandemic.

Please note:

- Every Monday we celebrate the sacrament of Reconciliation from 7pm
- We shall be celebrating the sacrament of Baptism on request. Parents – please complete the Baptism Application Form and hand it to Fr Antony with all the necessary documents required.
- We shall celebrate the sacraments of First Communion and Confirmation in October – more news to follow.
- We shall be celebrating a Requiem Mass on 26 September for all who died during this Pandemic. Families of the deceased can also ask for a special Mass for their beloved ones.
- We shall begin the RCIA courses in November. Please be an apostle and invite your friends and family members to learn more and share in our Catholic faith. An RCIA enquiry form is attached.

Please also Remember:

- **The obligation to participate in Sunday Mass remains suspended.**
- Where possible, please try to attend a weekday Mass to ensure Sunday attendance remains manageable.
- Entry into Mass will be on a first come first served basis, and where the maximum number is met, those awaiting entry shall be asked to kindly attend an alternative Mass.

- The one-meter distance rule applies and all parishioners (excluding very young children) are required to wear a face mask and to sanitise their hands.
- Please support your Welcome Minister in their role of keeping you safe.

## PRAYER OF A PARISHIONER

**Lisa O'Hara**

Our church has reopened! And it was a pure joy to be able to sit in God's peaceful house and include you in my prayers. I wrote this prayer following my visit.

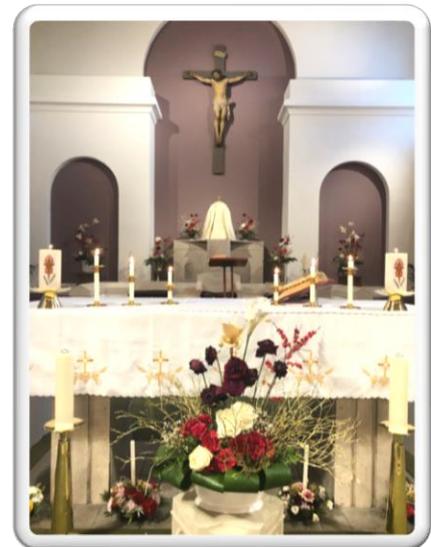


Oh my dear Jesus, I love you, I trust in you. I passionately desire to receive you into my soul. I am honoured to be in your presence. I thank you for your trust in me. I pray for all those who won't, don't and can't receive you. I pray for their salvation, for their light of hope, that it will gladden their souls and strengthen their hearts to be the strong, confident and courageous people You designed them to be. I pray for forgiveness. Forgiveness of the sins that trap our happiness and hold us

back from moving forward. Help us dear Lord, guide us and keep us from going astray. Keep us in your sight and from losing our way.

Now our church is open, it is a pure delight to be able to pray in your presence, for those who need you, those who are sad, lonely, anxious, those who you know desire your presence to walk with them. Help them with their decisions, their hardships, help them to overcome their dilemmas. I pray dear Lord, that we all, ALL, see the strength of your light and love for us all. Thank you dear Jesus for being with us and for your unconditional love. Let us be worthy of your love. Let us be your people to spread your wonderful joy, your good news. Let us be a beacon of light, a sign of love, peace and hope to others to follow your path.

Amen





### HOLY MASS TIME & INTENTIONS

|      |   |
|------|---|
| SAT  | 7 pm - Holy Mass [Sunday Vigil Mass] – Mary Monagan R.I.P.  |
| SUN  | 9 am - Holy Mass - Giovanna Finaldi - Thanksgiving<br>11.30 am - Holy Mass - Mary Thompson R.I.P.<br>7 pm - Holy Mass - Sampooranam Nicholas<br>Holy Mass - available on YouTube for the Housebound – Brendan and Tom Kilcoyne R.I.P. |
| MON  | 7 pm - Adoration of the Blessed sacrament & Confessions<br>7.30 pm - Holy Mass – Thanksgiving for God’s Protection  |
| TUES | Holy Mass - available on YouTube for the Housebound [no Mass in Church]<br>Alba Fernandes and family wellbeing  |
| WED  | 7 pm - Holy Mass - Ann Kickford   |
| THU  | No Mass   |
| FRI  | 7 pm - Holy Mass – Bastiampillai Stanislaus R.I.P.  |

**Many thanks dear Giovanna Finaldi:** The Governing Body of the Federation of Holy Cross and St. Augustine's Schools wish to thank Giovanna Finaldi for her commitment and dedication to Holy Cross School as a teacher and Head of School and for all she has brought to the school as RE lead, encouraging all pupils to grow in faith together. We wish Giovanna every success as she takes on the role of Head Teacher at St Bartholomew's in Swanley and it is comforting to know that she remains a parishioner and part of the community at Holy Cross Church.



FROM FR ANTONY,  
HOLY CROSS CATHOLIC CHURCH

16 July 2020

"Dear Giovanna,

The Holy Bible says: "Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts" [Col 3:16].

Whenever I saw you teaching the children with passion the divine wisdom of God, I realised how the message of Christ is rooted in your being. You leave us with many wonderful ideas and happy memories where you have proven yourself to be a confident and committed leader, and a true witness to God's word values.

You joined Holy Cross School about 9 years ago, yet I have only been priest for the last 21 months. During this time, I have seen your hard work and commitment at ensuring the best level of care, pastoral support and dedication to the success, happiness and wellbeing of the children of Holy Cross.

I, on behalf of our parish, thank you for all you have done, all you have contributed and everything you have achieved as a school teacher and more recently as head of Holy Cross school.

I wish you every luck and happiness in your new role. I hope you will be happy and able to utilise the skills and knowledge you brought to Holy Cross. Your caring and supportive nature will no doubt be a blessing in your future. Thankfully you are only leaving the school, and not the parish!

**"May he give you the desire of your heart and make all your plans succeed"** [Psalm 20:4]

With sincere thanks and every blessing  
Fr Antony

## *Important guidelines to remember during the Holy Mass*

- Until further notice, only Fr Antony will have access to the sacristy before Mass. [The services of the sacristan and Altar Servers will not be required for the time being.]

There will be **no offertory procession** of the gifts of bread and wine to the altar. A collection box for cash offerings will be placed at the entrance and exit of the church. Please consider giving your offering via standing order. The Forms are available at the entrance.

Members of the congregation should not exchange the sign of peace.

After the prayer and its response “*Behold the Lamb of God...Lord I am not worthy,*” Fr Antony will hold up the Host to the Congregation and say audibly “**The Body of Christ**” to which the people should respond “Amen.” In the same way, he elevates the chalice and says, “**The Blood of Christ**” and again the people respond “**Amen.**” Fr Antony will receive Holy Communion under both kinds using his own Host and Chalice. He will need to explain this to the congregation at this point.

- Once Fr Antony has received Holy Communion, he will cleanse his hands with alcohol sanitiser before opening the pre-prepared ciborium for the Communion of the people.
- At the place where communion is to be distributed, **a physical barrier** will be placed to socially distance Fr Antony distributing Holy Communion from communicants.
- Communion must **be given silently** in the hand only, with the communicant standing, and avoiding any physical contact.
- People should wait in their pews until instructed to move forward to Fr Antony for Holy Communion by the Stewards, always aware of the regulations on social distancing in the orderly queue.
- When they approach Fr Antony, they should do so with arms at “full stretch” so that there is a good distance between Fr Antony and the communicant, and with their hands as flat as possible, palms upwards and one of top of the other.

After receiving the Holy Communion, people must **immediately leave the Church**. The remaining Blessed Sacrament is placed into the Tabernacle and the vessels cleansed in the usual way.

The church will be closed after the Mass has finished in order for cleaning to take place.

# Spiritual Thoughts

[sent by Kath O'Sullivan]

Beannacht by John O'Donohue



On the day when  
The weight deadens  
On your shoulders  
And you stumble,  
May the clay dance  
To balance you

And when your eyes  
Freeze behind  
The grey window  
And the ghost of loss  
Gets into you,

May a flock of colours,  
Indigo, red, green  
And azure blue,  
Come to awaken in you  
A meadow of delight.

When the canvas frays  
In the currach of thought  
And a stain of ocean  
Blackens beneath you,  
May there come across the waters  
A path of yellow moonlight  
To bring you safely home.

May the nourishment of the earth be yours,  
May the clarity of light be yours,  
May the fluency of the ocean be yours,  
May the protection of the ancestors be yours.

And so may a slow  
Wind work these words  
Of love around you,  
An invisible cloak  
To mind your life.

## NHS TEST AND TRACE

As you might be aware, the Government has advised that we implement a Track and Trace system. Accordingly, you will have to give your contact details before entering church for the Holy Mass. The diocese has sent us the following form as a template. If possible, please print it, complete it and bring it with you.

|  |
|--|
| <p style="text-align: center;"><b>NHS TEST AND TRACE</b></p> <p><i>"To manage the risk of the virus re-emerging." Attending public worship in the Archdiocese of Southwark</i></p> <p><b>NAME</b> (if Family Group/Household only one main name and number required:</p><br><p><b>CONTACT:</b> (either mobile number or email or other phone number or postal address)</p><br><p><i>This information is being collected at the direction of the UK Government. It will be kept secure and will be destroyed 21 days after the act of public worship.</i></p> |
|--|

Alternatively, I would like to follow a number system in our parish, and I have decided to allocate each family with a number.

Accordingly, when you arrive at the church all you will need to do is let the Welcome Minister know your number. There will be no need to give your name and other details. If you wish to get your Family Number, please contact Fr Antony at [catford@rcaos.org.uk](mailto:catford@rcaos.org.uk) or send a text to 07578777461.

I look forward to seeing you and welcoming you back to Holy Cross Church soon.

## SUNDAY HOLY MASS

**First reading - Wisdom 12:13,16-19**

### **You will grant repentance after sin**

There is no god, other than you, who cares for every thing,  
to whom you might have to prove that you never judged unjustly;  
Your justice has its source in strength,  
your sovereignty over all makes you lenient to all.  
You show your strength when your sovereign power is questioned  
and you expose the insolence of those who know it;

but, disposing of such strength, you are mild in judgement,  
you govern us with great lenience,  
for you have only to will, and your power is there.  
By acting thus you have taught a lesson to your people  
how the virtuous man must be kindly to his fellow men,  
and you have given your sons the good hope  
that after sin you will grant repentance.

---

**Responsorial Psalm [Psalm 85(86):5-6,9-10,15-16]**

*O Lord, you are good and forgiving.*

O Lord, you are good and forgiving,  
full of love to all who call.  
Give heed, O Lord, to my prayer  
and attend to the sound of my voice.

*O Lord, you are good and forgiving.*

All the nations shall come to adore you  
and glorify your name, O Lord:  
for you are great and do marvellous deeds,  
you who alone are God.

*O Lord, you are good and forgiving.*

But you, God of mercy and compassion,  
slow to anger, O Lord,  
abounding in love and truth,  
turn and take pity on me.

*O Lord, you are good and forgiving.*

---

**Second reading Romans 8:26-27**

**The Spirit himself expresses our plea in a way that could never be put into words**

The Spirit comes to help us in our weakness. For when we cannot choose words in order to pray properly, the Spirit himself expresses our plea in a way that could never be put into words, and God who knows everything in our hearts knows perfectly well what he means, and that the pleas of the saints expressed by the Spirit are according to the mind of God.

---

## **Gospel Acclamation [cf.Ep1:17,18]**

Alleluia, alleluia!

May the Father of our Lord Jesus Christ  
enlighten the eyes of our mind,  
so that we can see what hope his call holds for us.  
Alleluia!

---

## **Gospel [Matthew 13:24-30]**

### **Let them both grow till the harvest**

Jesus put another parable before the crowds: ‘The kingdom of heaven may be compared to a man who sowed good seed in his field. While everybody was asleep his enemy came, sowed darnel all among the wheat, and made off. When the new wheat sprouted and ripened, the darnel appeared as well. The owner’s servants went to him and said, “Sir, was it not good seed that you sowed in your field? If so, where does the darnel come from?” “Some enemy has done this” he answered. And the servants said, “Do you want us to go and weed it out?” But he said, “No, because when you weed out the darnel you might pull up the wheat with it. Let them both grow till the harvest; and at harvest time I shall say to the reapers: First collect the darnel and tie it in bundles to be burnt, then gather the wheat into my barn.”’

## **REFLECTION ON TODAY’S READINGS**

[by Rev. Dr Sahaya G. Selvam, sdb]

### **Believe in the principle of ‘graduality’!**

I realise how I have been sucked into the world of “fast-food”! I have become increasingly impatient. When I go for breakfast I want instant coffee. When I have a headache I want instant relief. When I email people I want instant replies. When I fall in love I want instant pleasure. When I have problems I want instant solutions. When I pray I want instant miracles!

COVID-19 has tested our patience. It has blocked our fast movements across the globe. It has slowed us down even in our daily activities. Are we enjoying this slow-movement - particularly if we are able to take care of our daily needs? Or has it made us impatient and restless?

**The Kingdom of God is not a Fast-Food Joint:** In the gospel text of today, Jesus reminds me that in the Kingdom of God problems will be solved at their own time. Evil may grow together with good; evil will not be uprooted instantly. I need to wait patiently until the end of time (Mt 13:24-30). The Kingdom of God grows like a mustard seed – it is not a finished product. It may seem tiny, it might grow slowly, but there will come a time when it will be big enough to attract the birds of the air (Mt 13:31-32). The Kingdom of God affects its environment like the yeast – it will not seem dramatic. The process may be hidden, it might take time, but there will come a time when the entire dough will be leavened (Mt 13:33). Don't judge things by their appearance. Be patient. Believe in the law of graduality. God is in control.

The Kingdom of God is a process, and you too are!

**You can't be today what time will make you tomorrow:** Teilhard de Chardin, the Jesuit scientist, once wrote:

Above all, trust in the slow work of God. We are all, quite naturally, impatient in everything to reach the end without delay. We should like to skip the intermediate stages. We are impatient of being on the way to something unknown, something new, and yet it is the law of all progress that is made by passing through some stages of instability- and that it may take a very long time.

And so I think it is with you. Your ideas mature gradually – let them grow, let them shape themselves, without undue haste. Don't try to force them on, as though you could be today what time (that is to say, grace and circumstances acting on your own good will) will make you tomorrow.

Only God could say what this new spirit gradually forming within you will be. Give our Lord the benefit of believing that his hand is leading you and accept the anxiety of feeling yourself in suspense and incomplete.

**United in Christ we are never alone,  
Fr. Antony**