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# Holy Cross Catholic Church

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



8th Sunday in Ordinary Time  
1 / 2 Mar 2025



Dear Parishioners,  
This Wednesday [05 March] is Ash Wednesday. As we prepare to enter the holy season of Lent, let us open our hearts to this sacred time of reflection, repentance, and renewal. This Season is for us a time to draw closer to God through **prayer, fasting, and acts of charity**. **This day is a special day of fasting and abstinence**, and we invite you to join us for one of our Masses

- 9:15 AM (Regular Mass)  
- 7:00 PM (Additional Mass)

As we receive the ashes, let us remember their profound meaning: **“Remember that you are dust, and to dust you shall return.”** This reminder of our mortality calls us to live with purpose, humility, and gratitude, turning our hearts toward God and one another.

We look forward to journeying together as a parish family during this holy season. Let us support one another in prayer and encouragement as we seek to live more fully in the light of Christ.

## STATIONS OF THE CROSS ON FRIDAYS AFTER THE 7 PM MASS

07 Mar - Irish & English Community	28 Mar - 9am Children's Choir
14 Mar - Nigerian Community	04 Apr - UCM
21 Mar - Ivory Coast & French Speaking Community	11 Apr - Adult Choir
	18 Apr - Fr Antony

## St. Joseph's Council Meeting

The St. Joseph's Council plays a pivotal role in planning and executing our parish's evangelization efforts, social events, non-liturgical celebrations, and outreach programs. Through their dedication, we strive to build a vibrant and welcoming community rooted in the love of Christ. The council will next meet **on Tuesday, March 4th**, and we warmly invite you to share your ideas and insights. How can we better bring the Good News of Jesus Christ to the people of Catford and beyond? Please send your suggestions to [Catford@rcaos.org.uk](mailto:Catford@rcaos.org.uk) or drop them into the **suggestion box** on the porch. Together, let's work to make our parish a beacon of hope and faith for all.

Thank you for your unwavering support and for being an integral part of our parish's journey. May we continue to grow in faith, love, and service as we share the joy of the Gospel with the world.

*Evangelisation is the 'oxygen' of Christian life, says Pope Francis.*

## Lenten Retreats at Holy Cross

We are delighted to announce that **Bishop Pat Lynch** will lead our first Lenten Retreat next Sunday! Bishop Pat will celebrate **both the 9:00 AM and 11:30 AM Masses**, and between the liturgies, he will offer a special Lenten Reflection titled **“Confronting Temptation: Almsgiving as a Path to Freedom from Material Possessions”** from 10:00AM to 11:15AM.

Bishop Pat needs no introduction to our parish family. Known for his profound spiritual insights and practical wisdom, his reflections have deeply enriched the lives of many. We are truly blessed to welcome him back, and we encourage everyone to attend this grace-filled opportunity for growth. Please also inform your friends and family members about this retreat. May this Season of Lent for us all be a time of spiritual renewal.



## Lenten Virtual Retreats with Rev. Dr. Milton Jacob

Join us this Lent for weekly Zoom retreats led by Rev. Dr. Milton Jacob, beginning Thursday, 13 March, at 8:30 PM. The first session, **“The Desert Experience: Encountering God in Solitude and Silence”**, will guide us in reflecting on Scripture and deepening our prayer lives. Fr. Milton, a Scripture professor (with a doctorate from Rome) and beloved leader of December's Advent retreats, brings scholarly depth and spiritual warmth to these gatherings.

**Zoom Details:** ID 757 877 7461 | **Password:** 20212021. Mark your calendars for Thursdays at 8:30 PM this Lent - **a time to grow in faith and prepare for Easter together.**

*All are welcome!*



## Get Well Cards for Pope Francis

Thank you all for your heartfelt prayers for our Holy Father, Pope Francis, and for keeping him in your thoughts during his recovery. We are grateful to hear of his improving health and continue to pray for his full restoration. As a gesture of love and support, get-well cards will be available free of charge after all Masses this weekend. If you would like to send a message to the Holy Father, please collect a card from Fr. Antony after Mass, write a personal or family message, and return it to us as soon as possible. We will ensure your cards are sent to Pope Francis together. If you prefer to send your card directly, you may mail it to the following address:

**His Holiness Pope Francis**  
**Apostolic Palace**  
**00120 Vatican City**

Let us join together in showing our love and prayers for Pope Francis during this time. Your messages of encouragement and faith will surely bring him comfort and strength. Thank you for your participation and for being a part of this beautiful expression of solidarity with our Holy Father.



## Season Of Lent in 2025 at Holy Cross

[Lenten Retreats are held in our church after 9 am Mass until 11.30 am Mass]

**Week 1 (March 9th, 2025):** Confronting Temptation against material possession [Almsgiving]

**Week 3 (March 23rd, 2025):** Embracing Forgiveness: Ask for forgiveness and extend it to others.

**Week 4 (March 30th, 2025):** Showing Compassion: Act with love and generosity towards others.

### Lenten retreats via Zoom at 9 pm

1. **The Desert Experience:** Encountering God in Solitude and Silence [Thursday, 13 March]
2. **Metanoia:** A Journey of Conversion and Transformation [Thursday, 20 March]
3. **The Paschal Mystery:** Journeying with Christ to the Cross and Resurrection [Thursday, 27 Mar]
4. **The Beatitudes:** A Pathway to Holiness [Thursday, 03 April]
5. **Discipleship:** Following Jesus in the World Today [Thursday, 10 April]



## IMPORTANT DAYS REMEMBER UNTIL JULY/AUGUST

- 04 March - St Joseph's Council Meeting
- 05 March - **Ash Wednesday**
- 09 March - Lenten Retreat: **Bishop Pat Lynch**
- 11 March - St Paul's Council Meeting
- 13 March - Lenten Retreat [via Zoom]: The Desert Experience
- 17 March - St Patrick's Day Celebration
- 20 March - Lenten Retreat [via Zoom]: Metanoia
- 23 March - Lenten Retreat: **Bishop Paul Mason**
- 27 March - Lenten Retreat [via Zoom]: The Paschal Mystery
- 29 March - Baptism Preparation
- 30 March - Lenten Retreat: **Fr Chris Connor**
- 03 April - Lenten Retreat [Via Zoom]: The Beatitudes
- 10 April - Lenten Retreat [via Zoom]: Discipleship
- 13 April - Palm Sunday
- 14 April - Lenten Confessions
- 20 April - **Easter**
- 04 May - Confirmation Celebration—**Canon Victor Darlington**
- 10 May - Holy Communion Celebration
- 17 May - Baptism Preparation
- 25 May - **Archbishop John Wilson's** Mass
- 29 May - The Ascension of the Lord
- 01 June - Retreat on Sacred Music: **Canon Gerard Bradley**
- 2-5 June - Pilgrimage to Fatima
- 07 June - Jubilee Year celebration with the diocese [Aylesford]
- 08 June - Pentecost
- 15 June - International Day - The Most Holy Trinity
- 21 June - Readers and EMHC Retreat
- 22 June - **Sprouts of Faith:** Post Holy Communion Retreat
- 29 June - SS Peter and Paul
- 13 July - Branches of the Vine
- 19 July - Baptism Preparation
- 15 Aug - Assumption of the Blessed Virgin Mary

**On Good Friday**, the congregation will venerate the authentic **relic of the Holy Cross** and receive God's blessing through this sacred tradition.



## Gathering to look at the Pastoral Care of Older People

To be held in Hartley Hall on **Saturday 29<sup>th</sup> March 11.00am -3.00pm** – Lunch Provided. This gathering is aimed at clergy, Ministers of the Eucharist, SVP and anyone interested in how we as a Church foster and grow the ministry to older people. You may be visiting friends in local care homes or supporting members of your own family. It will be a very interesting day with local speakers as well as presentations from local Catholic and ecumenical projects supporting the needs of older people.

**Personal Assistant:** An 18-30 year old female personal assistant needed for our mild special needs & mildly autistic daughter (a friendly young adult) in family home in Catford: Tuesdays and some other occasional weekdays 11.00am - 5.00pm (flexible days/hours to be agreed). Rate of pay £12.90/hour. Ability to engage and support, mainly desktop activities. We would love to hear from you. Phone Jytte Mon-Sat 12 noon till evening 07944 711 594.

### Jubilee Year 2025: Pilgrims of Hope

On 22 February, we journeyed to holy sites across Southwark Diocese: celebrated Mass in Canterbury, venerated St. Augustine's relics in Ramsgate, sought St. Jude's intercession in Faversham, and followed St. John Fisher's legacy in Rochester. **Next pilgrimages:** Fatima (2–5 June; 23 participants needed—register by Sunday) and Aylesford (7 June). Secure spots via [catfordsupport@rcaos.org.uk](mailto:catfordsupport@rcaos.org.uk). Join us in prayerful fellowship as "Pilgrims of Hope" this Jubilee Year!

### Announcing Our New Parish Website!

As we announced previously, our new parish website is launching this weekend! The new site features a fresh, modern design and is packed with information about our parish community and the Church. It is still in its development stage and will take a few more months to complete.



You can still use the old web address or just scan the QR code here. We encourage you to explore the new site and share your feedback. Your suggestions will help us make it an even more meaningful and valuable resource for everyone. A special thank you to Bruno Perez for his hard work and dedication in creating this beautiful new website!

### St. Paul's Council Meeting

The St. Paul's Council plays a vital role in planning and overseeing the work of our catechists and the faith formation of our parish community. We are immensely proud of our talented and dedicated catechists and deeply grateful for their unwavering commitment to nurturing the faith of our parishioners.

The council will next meet on Tuesday, March 11, and we warmly invite you to share your suggestions and ideas to enhance our catechetical programs and formation days.

Your input is invaluable! Please email your thoughts to [Catford@rcaos.org.uk](mailto:Catford@rcaos.org.uk) or drop them into the suggestion box located in the side porch.

Thank you for your continued support and participation in strengthening our parish's faith formation efforts.

### Palm Sunday Palm Trees: A Growing Tradition

It was truly heartwarming to see the enthusiasm and dedication of our parishioners during the Palm Sunday Palm Tree Mission! Your care in nurturing these palms at home and bringing them joyfully to the church added a special touch to our Palm Sunday celebrations. Thank you for making this initiative such a beautiful success!

For those who have been tending to your palm trees, we encourage you to continue caring for them lovingly. Please keep them in a suitable pot, avoid direct sunlight, and bring them back to the church before Palm Sunday in April. Your efforts help us create a meaningful and vibrant celebration of this sacred day.

If you missed out on getting a palm tree last time, don't worry! You can still join this wonderful tradition by picking one up after the Masses this weekend. Let's continue to grow together in faith and community, one palm tree at a time.

Thank you for your participation and for helping us make our parish celebrations even more special. May this small act of care and devotion remind us of the enduring life and hope we find in Christ.



### St. Mary's Council Meeting Recap

Last Tuesday, the St. Mary's Liturgy Council met to discuss ways to deepen our parish's worship and spiritual life. Grounded in Vatican II's *Sacrosanctum Concilium* (specifically Article 14), we reflected on how to foster "full, conscious, and active participation" in our liturgies, ensuring every member of the congregation encounters Christ through prayer, sacraments, and communal worship.

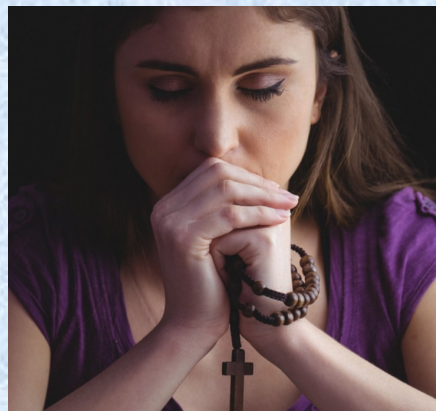
A full report of the discussion will be shared on the parish website soon.

We extend heartfelt thanks to all parishioners who serve in liturgical ministries—your dedication enriches our shared worship.

May God bless you as we continue working together to make our liturgies a living encounter with the Almighty!

*Christ is always present in His Church, especially in her liturgical celebrations - Sacrosanctum Concilium*

### 7 things to do in Lent



- \* **Deepen Prayer:** Dedicate time each day to connect with God. Explore new prayer forms or revisit familiar ones.
- \* **Meaningful Fasting:** Beyond food, consider fasting from distractions like social media or excessive screen time.
- \* **Generous Giving:** Focus on others' needs by donating, volunteering, or simply being more mindful and helpful.
- \* **Faithful Study:** Delve deeper into faith through scripture, spiritual writings, or Lenten study groups.

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\* **Seek Reconciliation:** Reflect on shortcomings and experience the healing power of confession.

\* **Simplify Life:** Declutter physically and spiritually, focusing on what truly matters.

\* **Cultivate Gratitude:** Appreciate daily blessings and recognize God's presence in all things

*I wish you and your family a blessed and gracefilled Season of Lent.*

**Red Missal Book ... page 995**

**I confess...** : page 525      **Gloria:** page 531  
**Creed(s):** pages 543 - 545      **Our Father...**635

**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**

**Next Sunday - Bible Readings**

**1st Reading: Deuteronomy 26:4-10**      **Psalm: 90:1-2, 10-15**  
**2nd Reading: Romans 10:8-13**      **Gospel: Luke 4:1-13**

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**Celebrate the Jubilee Year 2025 and 175 years of Southwark (60 as an archdiocese)!**

Join us at The Friars, Aylesford, on June 7, 2025, for the Archdiocesan Jubilee Celebration.

Connect with others from across London and Kent. More information to follow. Please keep this date in your diary!

**St Paul's Council (for Catechesis and Formation)**

**Saturday 8th March 11.30am at St George's Cathedral:** Rite of Election for adults who will be baptized, confirmed and receiving first Holy Eucharist at Easter Vigil this year. Please pray for Omagene Atigolo, Abiodun Adesanya and their son, Anasazi Atigolo; Kish Johnson, Dejaun Rodriques, Leticia Oliveira, Elizabeth Odukwe, Vanessa Mamadou-Domitien, Bruno Peres Alves de Oliveira, Collet Hunter and Paul Aladejare.

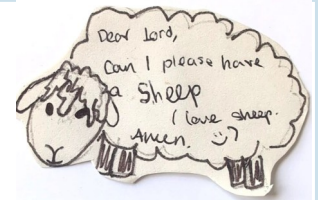
**Tuesday 11th March 7.30pm,** with food and drinks at 7pm: St Paul's Council members bi-annual meeting. Come and join us in Hartley Hall!

**Saturday 15th March at 4.30-6pm in Hartley Hall:** Next RCIA Journey in Faith session: A Call to Holiness-knowing ourselves in the light of Christ.

**Are you called to be a catechist?** Do you want to share your faith? We are able to provide you with support and training. The best way to develop your faith is to teach others: you will gain so much! Please contact Judy on [cdmlewisham@rcaos.org.uk](mailto:cdmlewisham@rcaos.org.uk) or [catford@rcaos.org.uk](mailto:catford@rcaos.org.uk)

**The only Message received in our Parish Suggestion Box:**

Dear Lord,  
 Can I please have a sheep?  
 I love sheep. Amen.



**MASS TIMES & INTENTIONS Sat 1st - Fri 7th Mar 2025**

SAT	6:30pm	David & Nancy Mendes R.I.P.
SUN	9:00am	Danny Annund R.I.P.
	11:30am	Ezinwa Iwujoke - Thanksgiving
MON	9:15am	Maria Zammit R.I.P. (Anniversary)
TUE	9:15am	William & Othilia Fernandes R.I.P.
WED	9:15am	<b>ASH WEDNESDAY</b> Melanie Thomas - Wellbeing
	7:00pm	People of the Parish
THU	9:15am	Dulciedon & Maria Noronha R.I.P.
FRI	6:00pm	Confessions & Adoration of the Blessed Sacrament
	7:00pm	Maurice Conroy R.I.P. (TD)

**Please Pray for the Sick:** Mary Rand, Pat Doyle, Albert Young, Enid Benzynie, Sherine Sukhram, Vivianne Owens, Trish Keaveney, Myra Hannon, Lydia Joseph, Melanie Thomas, Susan Murphy, Joe Green, Florence Nosegbe, Colin Maton, Katie Bournier, Aboa Claudine, Ivor Lewis, Eileen Embury, Kitty Wilkinson, Theresa Butler, Jo Rocca Smith, Ann Whittington, Elfrida Wacholz, Pat Gallagher, Leonie Nwawudu, Titi Balogun, Abosede Elizabeth Goba, Meesh Gemmeil, Elaine Williams, Baby Gwen Williams, Jessica O'Hara and Rachael Pereira Wibberley

**ADMITTED TO HOSPITAL?** - Contact Lewisham Hospital Catholic Chaplain directly on 020 8333 3299. In an emergency, please say to the staff that you would like to see a Catholic priest.

**2nd Collection (last week and this)**

Envelopes available this weekend.



ARCHDIOCESE of SOUTHWARK

**Clergy Support**

**Clergy Support Fund.** This enables the Archdiocese of Southwark to care for clergy in their retirement, old age and at times of ill health, after their lifetimes of service and dedication to Christ, his Church and his people.

**Mass Offering - Loose Cash Collection THANK YOU**

9th Feb - £626

**PARISH CONTACTS**

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

**Josepha Flahive:** [catford@rcaos.org.uk](mailto:catford@rcaos.org.uk)

**Lisa O'Hara:** [catfordsupport@rcaos.org.uk](mailto: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