

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

# Holy Cross Catholic Church

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



3rd Sunday of Lent  
22 / 23 Mar 2025

## Dear Parishioners,

As we journey through **Lent**, our reflections have drawn us closer to Christ's transformative love. In the **first week**, we meditated on **Jesus' Temptations** (Luke 4:1-13), seeking strength to resist our own struggles through prayer and fasting. Last week's focus on the **Transfiguration** (Matthew 17:1-9) revealed how moments of prayer can renew our hearts, mirroring God's glory within us. **This Sunday's readings** (Exodus 3:1-15; Luke 13:1-9) challenge us to see Christ in the marginalized—the poor, oppressed, and forgotten—just as Moses heeded God's call to liberate His people. Let us open our eyes to encounter the divine in our daily lives.

**Join our parish mission, EMMAUS WALK**, inspired by Christ's post-Resurrection encounter (Luke 24:13-35). On the **first Sunday evening of each month from May**, we'll walk **Catford High Street** in prayerful pairs, interceding for our community and serving those in need. To volunteer, contact **Nick Wibberley, Chuz Eberendu, or Neville Fernandes**. Together, let's transform Catford into a beacon of God's peace and kindness, one encounter at a time.

**Finally**, we extend gratitude to our parish councils (**St. Mary's, St. Joseph's, and St. Paul's**) for their dedication. Meeting reports are on our **website**, outlining plans for liturgy, outreach, and spiritual growth.

We had a meaningful and joyful celebration of St Patrick's Day in our parish. We enjoyed the **Irish Dance and Irish Jive**. Many thanks to everyone who contributed to this event, and a special thanks to Tina Ibe for arranging the refreshments. May our Lenten journey bear fruit in renewed faith and service.

*This week we memorise this Bible Verse where Jesus says: "Whatsoever you do to for the least of my people [the poor, the underprivileged, the oppressed...], you do for Me." (Matthew 25:40)*

**Blessings, Fr. Antony**

## IMPORTANT DAYS REMEMBER UNTIL SEPTEMBER

- 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]
- 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**
- 07 June - Jubilee Year celebration with the diocese [Aylesford]
- 08 June - Pentecost
- 15 June - The Most Holy Trinity
- 21 June - Readers and EMHC Retreat
- 22 June - Corpus Christi & **International Day**
- 29 June - SS Peter and Paul
- 13 July - Branches of the Vine - Post Confirmation Retreat
- 19 July - Baptism Preparation
- 15 Aug - Assumption of the Blessed Virgin Mary
- 14 Sep - Exaltation of the Holy Cross - Parish Feast Day



**Lenten Virtual Retreats with Rev. Dr. Milton Jacob**  
Every **Thursday** in Lent  
from **8.30 pm**

The theme of the second session is: **"The Paschal Mystery"**: Journeying with Christ to the Cross and Resurrection, and the third session on **"Discipleship"**.

Fr. Milton, a Scripture professor (with a doctorate from Rome) brings scholarly depth and spiritual warmth to these retreats in this Season of Lent. All are welcome!

**Zoom Details: ID 757 877 7461 | Password: 20212021.**

Link: <https://us06web.zoom.us/j/7578777461?>

**Lenten Retreats:  
A Journey of Mercy &  
Renewal**

Continuing our Lenten journey, join us after the 9:00am Mass on Sunday, 23 March 2025, as Bishop Paul Mason (Ordinary of the Military Ordinariate of Great Britain) leads a retreat on **"Embracing Forgiveness"**—a time to

**reflect on Christ's call to mercy and reconciliation.** Inspired by St Paul's words, *"Be kind, tender-hearted, forgiving as God forgave you"* (Ephesians 4:32), all are welcome to renew their hearts in prayerful community, unburdening resentments and growing in grace. Let's walk together toward Easter!



I confess...: page 525 Gloria: page 531  
 Creed(s): pages 543 - 545 Our Father...: page 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: Joshua 5:9-12  
 2nd Reading: Corinthians 5:17-21  
 Gospel: Luke 15:1-3, 11-32

**STATIONS OF THE CROSS - Fri 7:30pm**

21 Mar - Ivory Coast & French speaking Community  
 28 Mar - Children's Choir  
 04 April - UCM  
 11 April - Adult Choir  
 18 April - Fr Antony

**Children's Choir**

All children welcome, Year 3 and up. Come and join the singing with us!

**Diary Date**

- **Friday 28th March** - The Children's Choir will lead the Stations of the Cross.

**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 the Church foster and grow the ministry to older people.

It will be a very interesting morning with local speakers as well as presentations from local Catholic and ecumenical projects supporting the needs of older people. **Contact: 07521425400**

**Electronic Donation Plates:** Support our parish with our new **electronic donation plates** at the church entrances! These simple devices let you give securely with a quick tap of your card, phone, or smartwatch. Choose "Gift Aid" to add 25% to your offering—no extra cost to you! Every donation, digital or traditional, keeps our mission alive. Remember, 'God loves those who give happily' (cf. 2 Corinthians 9:7).

Thank you to those already giving digitally! Questions? Ask our volunteers or the parish office. Let's grow together in faith!

**RCIA Journey in Faith: "Come and see" (Jn 1:39)**

On Saturday 8<sup>th</sup> March 9 candidates and catechumens went to St George's Cathedral for the Rite of Election. Please pray for them for their ongoing journey of faith.

On Saturdays 22<sup>nd</sup> and 29<sup>th</sup> March at the 6.30pm Masses and on Sunday 6<sup>th</sup> April at 11.30am Mass, there will be special prayers for them called Scrutinies. These prayers are themed on 1) Life-giving waters of faith 2) The gift of sight through the eyes of faith and 3) Death to sin and a new Life in Christ.

RCIA meet most Saturdays 4.30-6pm in Hartley Hall Library. Enquiries to [catford@rcaos.org.uk](mailto:catford@rcaos.org.uk)



**Baptise your Children**

We warmly invite you to bring your child into God's family through Baptism. Please meet Fr. Antony for your application. Join our welcoming community.

The next Baptism Preparation course is on **Saturday, March 29, 2025, 10:00am**, Hartley Hall.



**Prema Louth R.I.P.**

Please keep **Prema Louth** in your prayers as we mourn her passing and celebrate her life. For decades, Prema faithfully served our parish community - tenderly caring for the sacred linens, supporting the UCM, and the Diamond Club.



Her quiet dedication and kindness enriched countless lives. May she now rest in the eternal peace and joy of God's kingdom. A Funeral Mass will be held at **Holy Cross on Tuesday, 10th April at 12 noon**. All who knew and loved her are warmly invited to join in prayerful farewell.

**MASS TIMES & INTENTIONS Sat 22nd - Fri 28th Mar 2025**

SAT	6:30pm	Filomena Bias - Thanksgiving
SUN	9:00am 11:30am	Jennifer Thomas-Williams – Birthday Thanksgiving People of the Parish
MON	9:15am	Mbrou M Kokou David R.I.P.
TUE	9:15am	Rachael Pereira Wibberley - Healing
WED	9:15am	Mary Gallagher R.I.P. (1st Anniversary)
THU	9:15am	Pat Foley R.I.P. (Anniversary)
FRI	6:00pm 7:00pm	Confessions & Adoration of the Blessed Sacrament David & Nancy Mendes R.I.P.

**Please Pray for the Sick:** Mary Rand, Pat Doyle, Albert Young, Manuel Vieira, Enid Benzynie, Sherine Sukhram, Vivianne Owens, Trish Keaveney, Myra Hannon, Lydia Joseph, Melanie Thomas, Susan Murphy, Joe Green, Florence Nosegbe, Colin Maton, Ivor Lewis, Katie Bourner, Aboa Claudine, Eileen Embury, Theresa Butler, Kitty Wilkinson, Jo Rocca Smith, Ann Whittington, Elfrida Wacholz, Pat Gallagher, Leonie Nwawudu, Titi Balogun, Elaine Williams, Meesh Gemmell, Abosede Elizabeth Goba, 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.

To access to our new website, scan this QR code



**2nd Collection for Poor Parishes**

Formerly the *Needs of the Diocese* collection. This collection enables the Archbishop to make grants to some of the poorest parishes in the Diocese.

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

9th Mar - £947; Clergy Support: £946  
 16th Mar - £717

**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:** <https://holycrossbooks.co.uk>  
**Safeguarding:** Pat Barber & Lisa O'Hara 07598 524024