

**'FOLLOW ME' A RETREAT FOR LENT INTRODUCED BY  
ARCHBISHOP JOHN WILSON, LED BY THE SPIRITUALITY COMMISSION.**

The Archdiocese of Southwark is offering a retreat experience for people and parishes during Lent 2021, beginning on the first Sunday of Lent and ending in Holy Week. For each week of Lent, the Spirituality Commission will provide a video exploring themes connected with the Sunday Gospel. The input will be available in advance rather than live-streamed, so that it can be viewed at any time. The video will be accompanied by suggestions for prayer and reflection through the week. The retreat is open both to individuals and to parish-based groups. Individuals can make use of the weekly video and material for prayer and reflection.

For parish groups, resources will be provided for a weekly group meeting, where participants can share what has come up in the previous week and take part in a time of common prayer. For more details and to register:

<http://www.southwarkdsc.org.uk/followme>

*It has been said, I forget by whom,  
that the last part of "the Angelic  
Salutation / The 'Hail Mary'", was  
added by Holy Mother Church  
in a time of plague and pestilence ...  
reminding and preparing people  
of the possibility of seeing God  
face to face sooner rather than later:*

**"Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
AMEN."**



**THE CATHOLIC CHURCH**  
BISHOPS' CONFERENCE OF ENGLAND AND WALES

**So you might be informed and  
prepared, please look up  
information from the Bishops  
of England and Wales:**

**[ccn@cbcew.org.uk](mailto:ccn@cbcew.org.uk)**

**Lent will begin on  
"Ash" Wednesday  
17th February 2021**

**FOUNDATION GOVERNORS FOR**

**ST CATHERINE'S CATHOLIC SCHOOL, BEXLEYHEATH**

The Trustees of St Catherine's, the Sisters of La Sainte Union, are seeking to appoint committed Catholics to the Governing Body. A new Board of Governors is being appointed to take the school forward. Full training and support will be offered, including supporting the distinctive Catholic mission and character of the school. Applicants offering expertise in finance, building, HR, law, education and other relevant experience are warmly encouraged to apply. The Trustees are especially keen to welcome members from BAME communities, thus reflecting the ethnic diversity of students and staff. If you are interested, please contact:

**Mr Nick Watkiss, Executive Headteacher or email  
[maureenwilliams70@gmail.com](mailto:maureenwilliams70@gmail.com) for an application form.**

**THE MONTH OF FEBRUARY IS  
DEDICATED TO THE HOLY FAMILY**

The month of February is traditionally dedicated to the Holy Family. Between the events which marked Christmas and the beginning of Christ's public life **the Church has seen fit to recall the example of the Holy Family for the emulation of the Christian family. THE FEAST OF THE PRESENTATION OF THE LORD (CANDLEMAS)** forms a fitting transition from Christmas to Easter. The small Christ-Child is still in His Mother's arms, but **already she is offering Him in sacrifice.**

*Here is the Night-time Gospel Canticle of  
St Simeon preparing to see God face to face:*

**Antiphon:** Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with Him in peace.

**At last, all-powerful Master,  
You give leave to Your servant  
to go in peace,  
according to Your promise.**

**For my eyes have seen Your salvation  
which You have prepared  
for all nations,  
the light to enlighten the Gentiles  
and give glory to Israel, Your people.**

**Glory be to the Father  
and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be,  
world without end. Amen.**

**Antiphon:** Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with Him in peace.

**ST MARY OF THE CRAYS  
NEWSLETTER SUPPLEMENT**

**THE FOURTH SUNDAY OF  
THE YEAR 31st Jan. 2021**

**In the Year of St Joseph:  
8th Dec. 2020 - 8th Dec. 2021**

**SAINT JOSEPH:**

**Comfort of the Afflicted:**

**Pray for us!**

**Hope of the Sick:**

**Pray for us!**

**Patron of the Dying:**

*For the Month of February,  
dedicated to  
the Holy Family of Nazareth,  
here is a bed time  
prayer to prepare us  
to see God "face to face" in glory,  
through the intercession of  
the Holy Family of Nazareth:*

**+ J. M. J. +**

**V/: Jesus, Mary, and Joseph:**

**R/: I give You my heart  
and my soul.**

**V/: Jesus, Mary, and Joseph:**

**R/: Assist me in my last agony.**

**V/: Jesus, Mary, and Joseph:**

**R/: May I sleep and take  
my rest in peace with You.**

**AMEN.**

**THE CHRISTMAS CRIB** will be dismantled this week ... the 2nd February is the traditional end of the Christmas Season. So, this weekend is your last opportunity, as devout Catholics, to pray in front of the Crib for your Family to be like: Jesus, Mary and Joseph, the Holy Family.

**CHRISTMAS CRIB OFFERINGS**

This year our Christmas Crib Offerings will be collected and shared between: -

- ◆ **THE CATHOLIC CHILDREN'S SOCIETY'S SOUTHWARK CRISIS FUND** which provides immediate support to those children and families in the Diocese who are most in need.
- ◆ **FRIENDS OF THE HOLY LAND** for the poorest Christian families in and around Bethlehem, the West Bank, Gaza and Israel.

Gift Aiders can use one of the spare envelopes, but please add your Gift Aid number.

**Prepare for Lent to begin in a couple of weeks on "Ash" Wednesday 17th February 2021**

**Consider and resolve to do one in each of the following areas:**

**Give up:**

Cut out all snacks, desserts / puddings, milk in tea or coffee, chocolate, sweets, sugar, sweetener, alcohol, T.V., Films, Video Games, Sports;

**Fast:**

twice a week on Wednesdays and Fridays by eating less;

**and Abstain:**

from Meat and meat products, at least on Wednesdays and Fridays;

**Listen to uplifting Music and Talks that raise the mind and heart to God;**

**Read:**

the Holy Bible, the Catechism of the Catholic Church, the lives of the Saints;

**Pray daily:**

the Holy Rosary as a Family, or make the Way / Stations of the Cross;

**Considerations for Lenten Practices / disciplines and resolutions, continued:**

**Daily Pray:**

**Vocal Prayer:** Attend an extra Holy Mass during the week,  
**Mental Prayer / Meditation / Silent Prayer:** for at least 20 minutes everyday reflecting upon a Crucifix / Holy Picture / Reading from the Gospels / one of the Mysteries of the Holy Rosary ...

**The Sacraments:**

*(When it is safe to do so)*

Attend Holy Mass on Sundays and on at least one other day every week,  
Prepare with a daily Examen / review of life to, and celebrate Pardon and Peace / confession every month ...

**From SPUC:**

**THE SOCIETY FOR THE PROTECTION OF UNBORN CHILDREN**

**PLEASE RESPOND TO DEPARTMENT OF HEALTH CONSULTATION TO STOP HOME ABORTIONS!**

The Department of Health is holding a public consultation on whether to continue the practice of allowing abortion providers to send abortion pills to women so that they can perform their own abortion at home. We need as many pro-life people as possible to complete the Department of Health's questionnaire in order to help stop dangerous DIY abortions becoming permanent. SPUC has prepared a briefing which gives a step by step guide to completing the consultation questionnaire. Please go to

<https://www.spuc.org.uk/Get-Involved/Campaigns/England-DIY-Abortion-Consultation>

**The consultation ends on 26 February 2021- in The Year of St. Joseph - Pillar of Families: Pray for us!**

**For the Ethical Nature of the various Covid-19 Vaccines:**

A good website to visit is [www.tinyurl.com/ETHICALVACCINES](http://www.tinyurl.com/ETHICALVACCINES).

*It would seem that this is the case:*

**Ethical: Moderna, Novavax, Merck, Sanofi, Pfizer-BioNTech**

*We are encouraged to promote the ethical vaccines, while recognizing that due to the remote nature of its connection ... it is not a sin to take any of the vaccines.*