

**'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](http://www.southwarkdsc.org.uk/followme)



**THE NATIONAL NOVENA TO
ST JOSEPH**
will take place from
10th - 18th March 2021
**AT ST JOSEPH'S CHURCH
IN MAIDENHEAD.**

In this Year dedicated to St. Joseph, the Mill Hill Missionaries are preparing for the Feast of St Joseph, their patron, with a special Novena of Masses and prayers to ask for God's blessing on their Society's missionary outreach, and for the intentions of all those who support their work.

If you are able, and if it is possible to attend, Masses are on Wednesday to Friday (10-12 March), at 7.30pm, Saturday, 13 March at 10am, Sunday, 14 March at 11.00am, Monday –Thursday (15-18 March) at 7.30pm.

If you are unable to attend but would like to join in from home, for the first time this year, Masses from **St. Joseph's Church** will be available to follow on **Zoom** and **YouTube** via the parish website:

stjosephsparish.co.uk
and the Mill Hill website:
www.millhillmissionaries.com/novena,

where you will also find the Novena prayer leaflet. You can also join in by praying the daily Novena prayer, which will be in your Novena prayer leaflet.

You are welcome to send in your petitions and/or to request a printed Novena prayer leaflet. Please write to the **Novena Director,**
41 Victoria Road,
Liverpool, L37 1LW,
or email

novenamhm@gmail.com.

**FROM THE CATECHISM
OF THE CATHOLIC CHURCH:**

PART THREE: LIFE IN CHRIST
SECTION ONE MAN'S VOCATION LIFE IN
THE SPIRIT / CHAPTER THREE GOD'S SALVATION:
LAW AND GRACE / Article 3 THE CHURCH,
MOTHER AND TEACHER:

II. The Precepts of the Church

2041 The precepts of the Church are set in the context of a moral life bound to and nourished by liturgical life. the obligatory character of these positive laws decreed by the pastoral authorities is meant to guarantee to the faithful the indispensable minimum in the spirit of prayer and moral effort, in the growth in love of God and neighbour:

2042

- The first precept ("You shall attend Mass on Sundays and holy days of obligation.") requires the faithful to participate in the Eucharistic celebration when the Christian community gathers together on the day commemorating the Resurrection of the Lord.⁸²

- **THE SECOND PRECEPT ("YOU SHALL CONFESS YOUR SINS AT LEAST ONCE A YEAR.")** ensures preparation for the Eucharist by the reception of the sacrament of reconciliation, which continues Baptism's work of conversion and forgiveness.⁸³

- **THE THIRD PRECEPT ("YOU SHALL HUMBLY RECEIVE YOUR CREATOR IN HOLY COMMUNION AT LEAST DURING THE EASTER SEASON.")** guarantees as a minimum the reception of the Lord's Body and Blood in connection with the Paschal feasts, the origin and centre of the Christian liturgy.⁸⁴

2043 - The fourth precept ("You shall keep holy the holy days of obligation.") completes the Sunday observance by participation in the principal liturgical feasts which honour the mysteries of the Lord, the Virgin Mary, and the saints.⁸⁵

- **THE FIFTH PRECEPT ("YOU SHALL OBSERVE THE PRESCRIBED DAYS OF FASTING AND ABSTINENCE.")** ensures the times of asceticism and penance which prepare us for the liturgical feasts; they help us acquire mastery over our instincts and freedom of heart.⁸⁶

**ST MARY OF THE CRAYS
NEWSLETTER SUPPLEMENT**

**THE SIXTH SUNDAY OF
THE YEAR 14th Feb. 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:
Pray for us!**

**Lent will begin on
Wednesday 17th February
this week:
"Ash" Wednesday**

**A Day of Penance
of Fasting and
of Abstinence,
and the beginning of the
Time for fulfilling the
Easter Duties / Precept:
from ASH WEDNESDAY
17th February 2021
to HOLY TRINITY SUNDAY
30th May 2021.**

N.B.: Even though the Bishops can, and do, waive the Church's Obligation to attend Holy Mass during this time of Pandemic, as Christians we must still: "REMEMBER TO KEEP HOLY THE LORD'S DAY" (Sabbath / Sunday): i.e.: worship God and rest from servile work - it is the Third of the Ten Commandments of God Himself.

**PREPARE FOR LENT
THIS WEEK 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,
Watching: 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 (AND WHILE
WALKING / EXERCISING)**
the Holy Rosary - as a Family,
or the Divine Mercy Chaplet,
or make the Way /
Stations of the Cross;

PRAY DAILY:

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,
and, it is probably safer
to come to Church
than going shopping
at this time!)*

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 ...

**PRAYER CAMPAIGN
TO CONQUER THE VIRUS**

In our Catholic history and tradition
Our Blessed Lady has many titles. One
is "Health of the Sick." We would like
to ask you to consider doing something
in our desperate situation today. We
would suggest that you pray the Rosary
every day, preferably with the whole
family. At St. Ethelbert's we priests
pray the Rosary together every morn-
ing, Monday through Saturday at
9.10am. **It takes not much longer than
20 minutes. Out of 24 hours of the day
can we begrudge God 20 minutes?**

One suggestion is to do it after supper
on one's knees (if those hinges still
work!). The Rosary has 5 decades, each
child could lead one with parents tak-
ing turns. One possibility would be to
offer
the **1st decade** for those who are sick;
the **2nd decade** for doctors and nurses;
the **3rd decade** for scientific research to
control and halt the virus;
the **4th decade** for world leaders and
pharmaceutical agencies not to be moti-
vated by profit, control or ideology.
Finally,
the **last (5th) decade** could be offered
for family and local intentions.

Our Blessed Lord tells us that if we
want to enter into salvation we have to
become like a little child. Furthermore,
the prayer of children has always been
deemed powerful. Let us therefore not
allow discouragement and anxiety to
dominate us but instead to trust in God
and Our Blessed Lady that Grace will
deliver us if we but pray!

Fr Christopher Basden

**From SPUC: THE SOCIETY FOR
THE PROTECTION OF UNBORN
CHILDREN**

**PLEASE RESPOND TO DEPART-
MENT OF HEALTH CONSULTATION
TO STOP HOME ABORTIONS!**

The Department of Health is holding a
public consultation on whether to con-
tinue 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!**

