

**'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>



***Be informed - please look up the
Bishops of England and Wales:
ccn@cbcew.org.uk***

MIRACLE PRAYER by Fr Peter Mary Rookey

Lord Jesus, I come before You
just as I am. I am sorry for my sins.
I repent of my sins, please forgive me.
In Your Name I forgive all others for what
they have done against me. I renounce
Satan, the evil spirits and all their works.
I give You my entire self, Lord Jesus,
now and forever. I invite You into my life,
Lord Jesus. I accept You as my Lord, God
and Saviour. Please, heal me, change me,
strengthen me in body, soul and spirit.

Come, Lord Jesus, cover me
with Your Precious Blood,
and fill me with Your Holy Spirit.
I Love You, Lord Jesus.
I Praise You, Jesus.
I Thank You, Jesus.
I shall follow You every day of my life.
Amen and Amen.

Mary, my Mother, Queen of Peace,
St. Peregrine, the cancer saint,
all you Angels and Saints,
please help me.
Amen.

*(Pray the "Miracle" Prayer while holding and
looking at the Figure of Christ on a Crucifix).*

**PRAYER FOR BLESSING AND LAYING
ON OF HANDS** from the St Christopher's
Hospice Chaplaincy Team c. 1999)

(Name...) may the healing love of the
Lord Jesus Christ by the power of the
Holy Spirit be with you now, filling
your whole being with His peace and
bringing you His wholeness.

May you know the reality (*strength
and power*) of His presence, day by
day, and His protection from anything
that might harm you or hurt you, giv-
ing you His peace, in body, mind and
spirit. Amen.

***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.

Mark 1: 29-39 -

*a short comment on this weekend's
Gospel Passage:*

Christ identifies Himself with those
who suffer, and His healing work was
an extension of His love and mercy.

"A lonely place": Christ often
sought out private spaces for solitude
(*self-isolation??*) and prayer. **The
Church invites us to do the
same, to set aside time within
the routine of each day for pri-
vate prayer, meditation, and
public worship.**

(see the Catechism of the Catholic
Church (CCC) 2602, 2616, 2698).

From "The Didache Bible", with com-
mentaries based on **the Catechism of
the Catholic Church**, Ignatius Bible
Edition

**ST MARY OF THE CRAYS
NEWSLETTER SUPPLEMENT**

**THE FIFTH SUNDAY OF
THE YEAR 7th 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!

**PRAYER TO ST. JOSEPH
FROM POPE FRANCIS**

**Hail, Guardian
of the Redeemer,
Spouse of the
Blessed Virgin Mary.**

**To you God
entrusted His only Son;
in you Mary placed her trust;
with you Christ became man.**

**Blessed Joseph,
to us too,
show yourself a father
and guide us
in the path of life.**

**Obtain for us grace,
mercy and courage,
and defend us
from every evil.
AMEN.**

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,
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;

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

**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)

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**

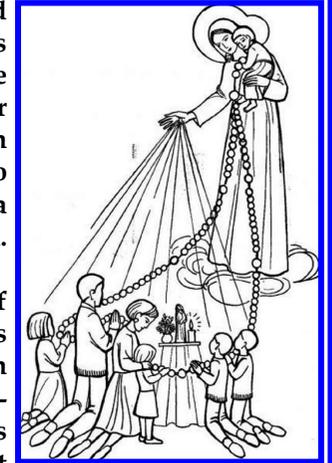
In our Catholic history and tradition
Our Blessed Lady has many titles. One
is "Health of the Sick." We would like
to ask you to consider doing something
in our desperate situation today. We
would suggest that you pray the Rosary
every day, preferably with the whole
family. At St. Ethelbert's we priests
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 re-
search to control and halt the virus; the
4th decade for world leaders and phar-

maceutical agencies not to be motivated
by profit, control or ideology. Finally,
the last 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 pow-
erful. 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 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!**