

**BEXLEY FOODBANK LATEST**Updated: **1st November 2022****URGENTLY NEEDED  
NON-FOOD ITEMS**

STRONG CARRIER BAGS  
WASHING PODS  
DEODORANTS  
TOILET ROLLS  
SHOWER GEL / SHAMPOO  
TOOTHPASTE

**GENERALLY NEEDED  
NON-FOOD ITEMS**

HOUSE CLEANING ITEMS  
RAZORS / SHAVING FOAM / GEL

**URGENTLY NEEDED  
FOOD ITEMS**

SWEETS, CHOCOLATE & TREATS  
LONG LIFE FRUIT JUICE  
LONG LIFE SEMI-SKIMMED MILK  
BOTTLED SQUASH  
SUGAR  
COFFEE  
TINNED RICE PUDDING  
CUSTARD  
TINNED FISH & MEAT  
TINNED FRUIT  
TINNED SPAGHETTI  
RICE & NOODLES

**GENERALLY NEEDED  
FOOD ITEMS**

TINNED POTATOES / VEGETABLES  
POT NOODLES  
PACKET SOUPS / PASTA SAUCE  
JAM

**\*\*\*THEY STILL HAVE  
PLENTY OF\*\*\***

BEANS, PASTA, TINNED SOUP  
BABY FOOD & FORMULA  
TEA, CEREAL  
TAMPONS & PADS

Please see the Foodbank Website:

[https://  
bexley.foodbank.org.uk/](https://bexley.foodbank.org.uk/)

Parents, here is a help for you and your young people in facing some of the challenges of growing up Catholic, or even simply trying to live a Catholic Life in a society and culture that is, at its best, indifferent to the Gospel of Jesus Christ, and at worst downright hostile:

Fr Mike Schmitz, on  
YouTube, asks:

“What Constitutes  
a Practicing Catholic?” -

[https://m.youtube.com/  
watch?v=jrGW5G8QqQ4](https://m.youtube.com/watch?v=jrGW5G8QqQ4)

Or simply Google:

Fr Mike Schmitz on  
“ASCENSION PRESENTS”

where he, and others, presents  
*the Catholic Faith*

in a positive, friendly and very cheerful way in many, many very short videos as well as some longer talks. Fr Mike has a very dynamic College Campus Ministry in the USA. You might also want to check out:

Fr Chris Alar MIC  
and his great series of

“EXPLAINING  
THE FAITH”

from the  
Divine Mercy  
Shrine,  
Stockbridge,  
Massachusetts

**+ JESUS, MARY AND JOSEPH +****13th November 2022 - THIRTY-THIRD SUNDAY (YEAR C) IN ORDINARY TIME.****ST MARY OF THE CRAYS, CRAYFORD:****SUPPLEMENT TO THE WEEKLY NEWSLETTER****PLEASE USE THE PARISH MASS BOOKS, HYMN BOOKS & MASS CARDS****THE READINGS, ETC., FOR THE THIRTY-THIRD SUNDAY OF ORDINARY TIME**CAN BE FOUND FROM **PAGE: 164ff****THE ORDINARY OF THE HOLY MASS FROM PAGE: 7 and following  
FOR SUNG PARTS: PAGES 215 and following.****PARISH REPOSITORY****- THE PARISH SHOP:**

- Is your Bible “CATHOLIC”?  
(Does it have the two Books of the  
Maccabees in it?)

Do you have:

- a CHRISTMAS CRIB (Creche)  
for your home?
- a CRUCIFIX in your home?
- a “RELIGIOUS” ADVENT CALENDAR?
- a ROSARY in your pocket or bag?
- a CATECHISM OF CHRISTIAN DOCTRINE to learn and know the Faith?
- Please have a look inside our  
PARISH SHOP / REPOSITORY  
- and ...

there are “Religious”  
CHRISTMAS CARDS for sale  
in the Reception Area after  
every Holy Mass in the  
doors of the Children’s Lit-  
urgy Room - please help buying  
cards to support the Parish.

**APPEAL -****CHRISTMAS FOOD HAMPERS  
for local families in need****Churches Together  
in Crayford**

will again be putting together Christmas Food Hampers for local families in need. These families are known to Bexley Council, Mencap and our local churches networks. **Each hamper** will have a value of **£20.00 approx.** and will be made up on the **26th November**, for delivery in time for Christmas. If you would like to donate towards this very worthy cause, it would be greatly appreciated.

**Donations**

please to:

**‘The Churches  
Together in Crayford’;**

Account No. **30294063**

at Barclays Bank;

Sort code: **20-06-72**

and include the reference

**‘SMC HAMPER’.**

I am also happy to accept

Cheque or Cash.

Thank you. *Alex Rees.*

**NOVEMBER IS THE MONTH of  
the HOLY SOULS IN PURGATORY**

please take one of  
the **BROWN NOVEMBER LIST** envelopes for your Deceased Loved Ones and return it to the Basket close to the Altar.

Indulgences applicable for the Holy Souls may be gained

**A PLENARY, OR PARTIAL,  
INDULGENCE,**

- **The Prayer or Devotion / spiritual exercise itself.**
- **Sacramental Confession:**  
*within 20 days either side of the Spiritual Exercise,*
- **Holy Communion:**  
*on the day itself of the exercise, and*
- **prayer for the Holy Father's intention:** *an "Our Father" and a "Hail Mary",.*
- **FREEDOM FROM ATTACHMENT TO SIN,** *even venial sin.*

*Examples of specific prayers and devotions:*

**THE HOLY ROSARY** - *a plenary indulgence, for the recitation of the Rosary (five decades), in a Church or public Oratory or in the family. If said privately, a partial indulgence.*

**THE WAY (OR STATIONS) OF THE CROSS** - *a plenary indulgence.*

**PRAYER FOR THE DEAD** - *"Eternal rest, grant unto them O Lord ..."*  
- *partial indulgence applicable only for the Holy Souls in Purgatory.*

**VISIT TO THE BLESSED SACRAMENT FOR ADORATION** - *a visit for half an hour may gain a plenary indulgence*

**READ FROM THE BIBLE FOR HALF AN HOUR**

**55 YEARS OF THE ABORTION ACT**

27 October 2022 marked 55 years since the Abortion Act received Royal Assent in 1967. Since then, a staggering **10,021,618 unborn babies** have lost their lives to abortion across England, Wales and Scotland.

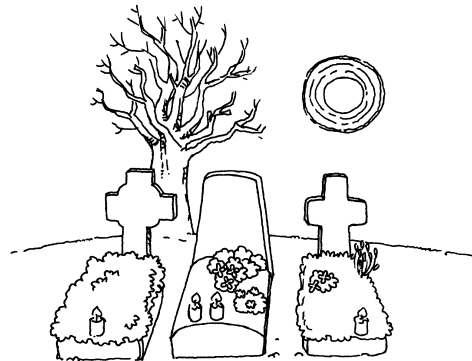
**Right To Life UK** have released a short two-minute video called

***The Ten Million,***

which attempts to illustrate what the UK has lost through the death of these millions of people. They are encouraging people to share the video with friends and family who may find it of interest:

**[www.righttolife.org.uk/  
thetenmillion](http://www.righttolife.org.uk/thetenmillion)**

**Holy Michael, the Archangel, defend us in battle. Be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who wander through the world seeking the ruin of souls. Amen.**



**CARDINAL NEWMAN'S PRAYER**

**May He support us all the day long,  
till the shades lengthen  
and the evening comes,  
and the busy world is hushed,  
and the fever of life is over,  
and our work is done.  
Then in His mercy  
may He give us a safe lodging  
and a holy rest  
and peace at the last.**

Oh my Lord and Saviour,  
support me in that hour  
in the strong arms of  
Your Sacraments,  
and by the fresh fragrance of  
Your consolations.

Let the absolving words  
be said over me,  
and the holy oil sign and seal me,  
and Your own Body be my food,  
and Your Blood my sprinkling;  
  
and let my sweet Mother,  
Mary,  
breathe on me,  
and my Angel whisper peace to me,  
and my glorious Saints  
smile upon me;  
that in them all, and through them all,  
I may receive the gift of perseverance,

and die,  
as I desire to live,  
in Your faith,  
in Your Church,  
in Your service,  
and in Your love.

Amen.

**HYMN FOR THE HOLY SOULS:**

**Remember those, O Lord,  
Who in Your peace have died,  
yet may not gain  
love's high reward  
till love is purified.**

**With You they faced  
death's night,  
sealed with Your victory sign,  
soon may the splendour of  
Your light on them  
forever shine.**

**Sweet is their pain, yet deep,  
till perfect love is born;  
their lone night watch  
they gladly keep  
before Your radiant morn.**

**Your love is their great joy;  
Your will their one desire;  
as finest gold without alloy  
refine them in love's fire.**

**For them we humbly pray:  
perfect them in Your love.  
O may we share eternal day  
with them in heaven above.**

**Eternal rest, give them,  
O Lord,  
and let perpetual light  
shine on them  
now and evermore,  
within Your Day so bright.**

**Tune: Lord Jesus think on me  
And purge away my sin ...**

*(From the Morning Prayer of the  
Church: The Office for the Dead)*